Promoting mental health among adolescent young carers in Europe.
The EU-funded ME-WE project

Richard Ilett, Research Assistant, ME-WE Project

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The ME-WE project

Project consortium: research institutes and civil society organisations from six different European countries + Eurocarers

Project duration: January 2018 – March 2021
Potential negative impacts of caring

Mental health and wellbeing
There are some positive impacts related to caring (self-esteem, empathy, maturity). Yet, having to reconcile the challenges of adolescent life with caring responsibilities can be overwhelming. Pressure associated with caring is considered as a risk factor for mental ill-health.

Education
Caring can have a negative impact on young carers’ education (under-achievement, absence and drop-outs) → low employability

Social Life
Young carers may have less time for personal development and leisure. They can also become victims of social stigma and bullying → social exclusion
An ambitious project

Overall goal: to mitigate the risk factor of being an adolescent young carer by empowering the young with **improved resilience** and **enhanced social support** (from family, schools, peers, services).

Resilience: the process of positive adaptation within the context of significant adversity
An innovative project

✓ Cross-national comparisons on the topic of young carers across six European countries, at different stages of awareness and development of services for adolescent young carers.

✓ It develops an innovative framework of primary prevention interventions to be tested and adapted in 6 European countries at different stages of awareness and development of services for adolescent young carers.

✓ It is the first large scale programme to demonstrate the impact of a comprehensive primary prevention intervention for improving resilience of adolescent young carers.

✓ Co-design approach: researchers will engage directly with and involve adolescent and adult young carers, together with carer organisations and majors stakeholders throughout all stages of the project.

✓ It ensures transversal knowledge sharing activities among partners and within clusters of countries.
Objective 1: Systematise knowledge on AYCs (M1-12)

- Profiles, needs and preferences of AYCs
- National policy, legal and service frameworks
- Good practices, social innovations & evidence

Objective 2: Co-design, develop and test with AYCs an effective framework of interventions

- Participatory co-design M1-39
- Implementation M7-33
- Evaluation and impact M1-39

Objective 3: Carry out wide knowledge translation actions (M1-39)

- Dissemination & translation of research into practice
Contact

Richard Ilett
Research Assistant
Linnaeus University
Sweden
+46 735 28 54 90
Richard.ilett@lnu.se

Me-We Project: www.me-we.eu