

Julian's Story – Young Carer aged 21

Background

- Julian became a young carer at 17 years old (now 21)
- Mum had a break down and was in and out of Antelope House, a hospital dedicated to the treatment of mental health.
- Mum has recently been sectioned again and is staying in the priory
- Julian first came into contact with No Limits in the Emergency Department of UHS, after making an attempt to end her life.

Caring role

- Helping mum to take her tablets
- Manage her mood
- Cooking, cleaning and looking after the house
- Food shopping
- Organising bills



Julian's words

- When mum first went into hospital, I struggled, no one talked to me about what was going on. I left college as I struggled to deal with my own mental health and the stress of everything going on especially with my exams- I was never recognised as needing support and not recognised as a carer.
- I found a job in retail and I was working for a bit and looking after mum. I ended up having to leave my job because I couldn't cope with the stress of what was going on at home. I would go into work in tears and have regular panic attacks .

What could have helped you stay in work/education?

- Being involved in mums discharge plans, knowing what was going on. I was called once by someone at Antelope House saying they were the person who supported the carers- they said they'd be in touch again to help with a plan- they never called me back. I feel like if I was seen as a young child I would have been seen as more vulnerable and someone would have helped.
- I was also not financially supported to stay in college as I was told I couldn't claim carers allowance or benefits as mum was being paid sick pay. I struggle financially now more than ever. I want a job but I can't find one.