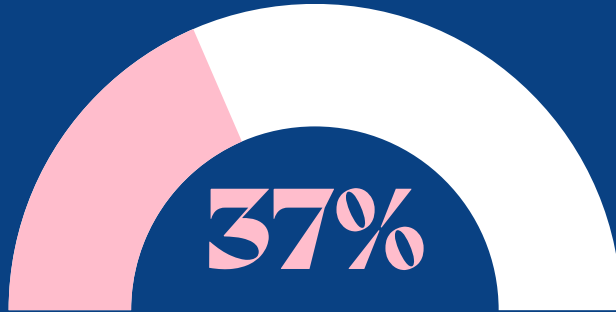




# Our findings on the MENTAL HEALTH of Australian Young Carers

## WHO PARTICIPATED?

A total of 2165 Australian adolescent carers and non-carers were asked about their mental health as a part of the Longitudinal Study of Australian Children



## HOW MANY YOUNG CARERS?

760 adolescents (37%) were providing some form of informal care

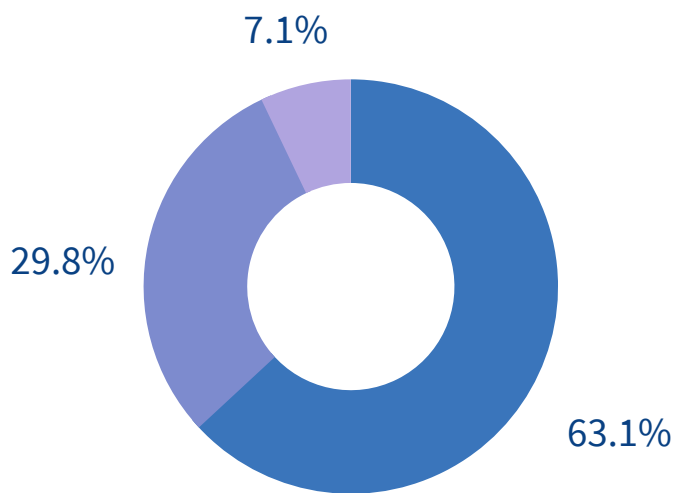
## Type and extent of caring activities



Help with daily activities, mobility, communication and personal care.



Emotional support and help with household chores like cleaning, managing bills and doing laundry.



7.1 % adolescents were providing daily care and 29.8% were caring less than daily

## Mental health

Mental health was worse for carers and these effects were greater for those providing daily care.

## School bullying

Bullying is a problem for young carers and up to a quarter of the mental health effects of informal care are explained by experiences of school bullying.

## IMPLICATIONS FOR POLICY

Caring can impact the mental health of young carers. Policies, therefore, are encouraged at a government and community level to reduce school bullying and support young carer wellbeing.

### More information

- King T, Singh A, Disney G. Associations between young informal caring and mental health: a prospective observational study using augmented inverse probability weighting. The Lancet Regional Health - Western Pacific. 2021;15:100257.

### Contact Details

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