ME-WE

SWEDEN, SWITZERLAND, NETHERLANDS, ITALY, UK SLOVENIA

"As a result of my participation in the Me-We project, I understand the importance of doing things for myself and not just for others - I take care of myself too.

I now know more about the way my mind works and what to do when it gets tired or when I experience negative thinking.

Participating in the project has given me self-insight and taught me that, sometimes, I have to take a break as well. It has helped me listen to my feelings."

The **Me-We** Project works to improve the mental health of adolescent carers through empowering them to adapt to significant sources of stress or trauma and enhance their social support.

Through psychosocial interventions co-designed by young carers and stakeholders, the project aims to prevent the negative impact of caring on young people's mental health.

Alongside increasing the profile of young carers on a national and international level with policy makers and healthcare professionals, the project is having an invaluable impact on helping young carers to cope better with their caring role and actively pursue their life goals.

socialplatform

EUROCARERS
European Association Working for Carers

ME WE
young carers