

GAMH Young Carers



“ Promoting wellbeing for a brighter future ”

This is a citywide project funded to address the social and health inequalities experienced by young people aged 12-21 caring for a family member with a mental health problem.

It is aimed at providing respite and promoting the wellbeing of young people to help build their resilience, confidence and life chances.

Funded by the National Lottery through the Big Lottery Fund.

Activities & Initiatives

Access to social, physical, creative and cultural activities.



Health and Wellbeing: workshops include Seasons for Growth, Mental Health Awareness and Health Promoting Topics.

Employability: programmes working in partnership with key experts and organisations.



Additional Functions

Time limited 1-1 Support

Promoting Young Carers Voices

Creating opportunities for young people to participate in group consultations, including planning and the development of services



Age appropriate Groups

Activities are group based and encourage peer support and friendships:

12-15 Take part in a range of fun activities



16-18 Focus on personal development and improving life chances



19-21 Focus on employability and wider participation

Group Arrangements

Groups usually take place once a week in the evening between 6-8pm.

Groups are facilitated by two experienced sessional workers plus additional facilitators where required.

"Its really fun, you meet new people and you build your confidence" Young Carer



Support to Parents

Parents Support Group

Parenting Programmes

Health and Wellbeing Programmes

Measuring Outcomes and Wellbeing

GMWP: We will be using the Glasgow Wellbeing and Motivation Profile designed to reflect the outcomes of GIRFEC (Getting it Right for Every Child).

Work Star: We have adapted the 'Outcome Wheel' approach to measure skills and qualities relevant to employability.

Additional monitoring and evaluation processes have been put in place to help us understand the experiences of young carers and families affected by mental health problems.



For a referral pack or any additional information please contact:

Rena Ali
Project Leader
Young Carers Project
Glasgow Association for Mental Health
Pavilion 3A
Moorpark Court
11 Dava Street
G51 2JA

Tel: 0141 425 4850 Email: r.ali@gamh.org.uk

GAMH - Vision Statement

Glasgow Association for Mental Health is an independent Scottish charity that promotes the equality, inclusion and human rights of people and the communities of Glasgow who have been affected by mental ill health.

The organisation provides community based support and opportunities to those recovering from mental health problems, their carers and young carers.

