

Do you look after someone at home? Talk to us

Sidekick is a free* and confidential helpline for young carers. Message us about anything that's bothering you.

Text: 07888 868 059

Email: sidekick@actionforchildren.org.uk



A young carer is someone under 18 who looks after a family member or a friend who's unwell.

Not sure if that's you? That's okay. We're here to help.

How we can help

- Listen when things feel tough.
- Talk about the jobs you do at home and what could help.
- Support to make phone calls or speak to professionals.
- Find extra support.

Sidekick is not a crisis service. If you need immediate help, call Childline on 0800 1111. For the police or a hospital, dial 999 from any phone.

* Texts are free if you have free texts in your mobile plan. If not, it will cost the normal rate charged by your provider.