



Helping at home? Worried about someone you love?

You Might Be Doing More Than Just Being a Kid...

This booklet is for you.



www.COYENY.org

Prepared by Caregivers Outreach: Youth Empowerment (COYE)



What is a Youth Caregiver?

A youth caregiver is a young person typically between ages 10–21 (like you) who provides regular emotional, physical, or household support to a family member who is:

- aging
- ill
- living with a disability
- managing a mental health
- has a substance use condition

5.4 million
youth caregivers
exist in the
United States

This help can look like:

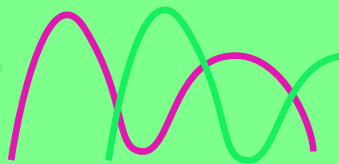
- Cooking, cleaning, or helping with daily tasks
- Taking care of siblings
- Helping someone get dressed or take medication
- Translating, managing appointments, or providing emotional support

If this sounds like you...

- You help take care of someone at home
- You worry about them while you're at school
- You feel stressed, tired, or overwhelmed
- I feel responsible for someone else's health or safety
- I miss school, activities, or time with friends to help at home
- I feel like I have more responsibilities than other kids my age

You are not alone.

You might be a youth caregiver.



Not You? You Might Know Someone Who Is...

Look out for friends who:

- Always rush home after school
- Seem tired, distracted, or overwhelmed
- Talk about responsibilities beyond their age
- Miss activities or events often

How You Can Support a Friend:

- Listen without judging
- Check in (“Are you okay?”)
- Invite them to hang out (even if they say no)
- Encourage them to talk to a trusted adult
- Share this resource with them



Sometimes just being there makes a difference.



What is COYE?

COYE (Caregivers Outreach Youth Empowerment)

is here to support youth caregivers like you.

We provide:

- Education & tools to help you cope
- Support groups & safe spaces
- Respite activities
- Resources for you and your family
- Advocacy so your voice is heard

Hear from past program members

“SHARKS gave me a place to be myself and connect with other teens who understand my responsibilities. It’s opened the door to new experiences I never imagined.”

— Faith S.

LET YOUTH CAREGIVERS BE HEARD

You deserve support.

You deserve to be seen.

You don't have to do this alone.

Scan or visit:

www.coyeny.org



7 Quick Reset Tips To Help You Manage Your Role as a Youth Caregiver

- **Deep Breathing** – Slow your breathing to calm your body and mind
- **Sensory Tools** – Try music, a warm shower, or something comforting
- **Journaling/Writing** – Get your thoughts out to reduce stress
- **Positive Self-Talk** – Remind yourself: “I can handle this”
- **Name the Emotion** – Saying how you feel helps you regain control
- **Talk It Out** – Reach out to a friend or trusted adult
- **Creative Expression** – Draw, dance, write, or listen to music

When to Reach Out for Help

If things start to feel overwhelming, talk to someone you trust. You don't have to carry everything by yourself.



Recognizing, Supporting & Empowering Youth Caregivers

COYE – Caregivers Outreach Youth Empowerment

