



FOR IMMEDIATE RELEASE

### **Online chat for young carers worried about alcohol or drug misuse**

10 January 2012, national – Young carers worried about alcohol or drug misuse have the chance to get help and support through a special online chat being hosted by Swanswell next week.

Organised jointly with The Princess Royal Trust for Carers, Swanswell – a national charity which helps people overcome drug, alcohol and other problem behaviour – will be offering information and advice to people up to 19-years-old who have a caring responsibility.

A member of the Swanswell team will be available to answer questions about the young carer's own use of alcohol or drugs, or that of the friend or relative they care for.

The free, confidential chat will be available at YCNet – [www.youngcarers.net](http://www.youngcarers.net) – on Monday 16 January 2012 between 4.15pm and 5.30pm.

Chris Robinson, Swanswell's Director of Services, said: *'Young people who care for a parent affected by substance misuse often don't talk to anyone else about it or look for help and support because they're worried about the stigma attached to such issues.'*

*'Also, they're often told by the person they're looking after to keep the problem secret, so we've joined up with The Princess Royal Trust for Carers to offer them easy access to confidential support that could make a lot of difference to their life.'*

Danni Manzi, Policy and Development Manager (Young Carers) for The Princess Royal Trust for Carers, said: *'We're really pleased to be working with Swanswell as part of this exciting project.'*

*'Using an online forum such as ours enables young carers to receive vital support and information that they might not otherwise be able to access.'*

To find out more about Swanswell including the services it provides, visit [www.swanswell.org](http://www.swanswell.org).

[ENDS]

### Notes for editors

For more information or supporting photographs, contact Stuart Goodwin:

Swanswell  
Suite 5, Hilton House  
Corporation Street  
Rugby  
Warwickshire  
CV21 2DN

Tel: 01788 559 422

Email: [stuart.goodwin@swanswell.org](mailto:stuart.goodwin@swanswell.org)

### About Swanswell

Swanswell is a national charity that helps people overcome drug, alcohol and other problem behaviour. We believe that everyone deserves the chance to change and to be happy. We help them to remove the things that stand in their way, whether physical, emotional or practical. So, as their lives improve, they can feel well, do well, and stay well. Swanswell has a reputation for innovation and is a leading developer of new services which help people to change their behaviour for the better.

Swanswell has a number of offices across the country including Coventry and Warwickshire, Birmingham, Barnsley, Sandwell, Leicestershire and Rutland. Visit Swanswell at: [www.swanswell.org](http://www.swanswell.org).

Join the conversation, follow Swanswell on twitter at [www.twitter.com/Swanswell](https://www.twitter.com/Swanswell).

### About the Princess Royal Trust for Carers

The Princess Royal Trust for Carers is the largest provider of comprehensive support services, reaching more than 420,900 carers, including more than 31,000 young carers through a unique network of 142 independently managed carers' centres, 83 young carers' services and interactive websites, [www.carers.org](http://www.carers.org) and [www.youngcarers.net](http://www.youngcarers.net) To find your nearest Carers' Centre, call 0844 800 4361.