



FOR IMMEDIATE RELEASE

### **Young carers raise concerns about over-the-counter drugs use**

23 January 2012, national – Problematic alcohol use, sensible drinking levels and misuse of over-the-counter painkillers were some of the concerns raised by young carers, as part of a special online chat hosted by Swanswell.

The national charity, which helps people overcome drug, alcohol and other problem behaviour, joined up with The Princess Royal Trust for Carers on Monday 16 January to offer advice and information about substance misuse to people under 19-years-old, who have a caring responsibility.

A member of the Swanswell team spent time talking to young carers who were worried about their alcohol or drug use, or that of the person they are caring for.

Among the topics raised was the young carers own use of over-the-counter painkillers.

Danni Manzi, Policy and Development Manager (Young Carers) for The Princess Royal Trust for Carers, said: *‘Young carers were able to get lots of really useful information and advice about a range of subjects but they also raised a few surprising concerns, one of which was about the young people’s use of painkillers.*

*‘The responsibility of caring for someone can take its toll and this finding reinforced for us the necessity of support for young carers.’*

Chris Robinson, Swanswell's Director of Services, said: *'We're really pleased that young carers were able to talk to us so openly, and then we were able to offer useful advice and information or sign post them to further help if necessary'*.

*'It shows how online clinics like ours are a very useful way of talking with people who may not otherwise come forward, or know where to go to get help.'*

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

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### Notes for editors

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### 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](http://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.