



Janine, coach informal care at the informal care help desk Mantelzorglijn

"We get many questions every day from people who are caring for a loved one. We're here to provide information and advice, but also just to listen."

Do you have any questions or would you like to tell your story? Call or WhatsApp us on (030) 760 60 55.



More information?
mantelzorg.nl/jongzorgen



"In addition to my studies, I also take care of my little brother with autism. I know like no other how important it is to talk to fellow sufferers from time to time, teachers or a professional. Sharing care can really help you!"

- Loïs Breussing, student & carer

QUESTIONS OR JUST WANT TO TALK?

Call or WhatsApp Mantelzorglijn, our special helpdesk on weekdays between 9 AM and 5 PM on 030 - 760 60 555.

-  General: 030 659 22 22
-  info@mantelzorg.nl
-  mantelzorg.nl
-  [mantelzorgnl](https://facebook.com/mantelzorgnl)
-  [mantelzorgnl](https://twitter.com/mantelzorgnl)
-  [mantelzorgnl](https://instagram.com/mantelzorgnl)
-  030 - 760 60 55

ARE YOU ALSO CARING FOR A LOVED ONE?

Tips voor students

Deel je zorg.



Viroen:
*'Feeling rough lately?
Don't pile up your
emotions, talk '*

Deel je zorg.

Are you living at home with someone who needs care? Such as someone in your family who is ill or suffers from addiction, or who has a physical or mental disability. That means you are a carer!

Providing care to someone may be quite normal to you. You may also be worrying about the situation. Things can go well for a while and be tough at other times. Especially if, besides providing care, you are also studying.. It is important to talk about it. This is not always easy. At home, you may or may not want to talk about it. And at school, you don't want to be pitied or considered special. Nevertheless, we do advise you to share your worries.

Tip 1

Talk about it

Discuss your home situation with the dean or your student counsellor. The programme offers all kinds of options to help you with the combination of caring and studying. Talking relieves and enables support.

You will see that there are solutions. Share your story with your fellow students. That will ensure that they understand when, for example, you are not around.

Tip 2

Make use of informal care support outside the training course

At the Mantelzorglijn of MantelzorgNL you can ask questions about your situation. Call 030 760 60 55 between 9 AM and 5 PM. Or ask your question via WhatsApp: 030-760 60 55. You can also email mantelzorglijn@mantelzorg.nl.

You can also contact a support centre for informal care in your neighbourhood.

Tip 3

You count too!

Work out and meet up with friends on a regular basis or do other things that energise you.. This will give you some distraction, and alleviate some of the loneliness. Taking time out for yourself occasionally is important to stay in balance.

Tip 4

Find information

Is something unclear about the illness, disability or treatment of your loved one? Ask questions of your family, your family doctor or a nurse. The answer may reassure you.

Tip 5

Look for peers

On mantelzorg.nl/jongzorgen you will find not only useful information but also videos and stories from other young (and studying) informal carers. You may recognise much from these. It may be nice to meet peers who also have a sick person at home. Activities are regularly organised, especially for young informal carers.

Google 'young caregivers'+ your place of residence. You can also check with the dean to see if there are more students who, in addition to their studies, have a caring responsibility.