

Siblings Toolkit

If you have an autistic sibling, it may be difficult for you to understand what they are going through, and how you can best support them. It may also be difficult for you to realise what support is available for you. The following resources are designed to provide information and highlight support opportunities.

Support for you:

Young Carers:

If you provide care for your sibling and are under 18 (25 in some areas), you can receive support as a young carer. Care doesn't have to be physical care and can include emotional or mental health support. Young carers groups provide emotional support, a chance to meet people in similar situations and opportunities to get involved in fun activities.

[Hartlepool Young Carers Group | Facebook](#)

[Family Action Young Carers Darlington – Darlington](#)

Middlesbrough and Redcar: [Young Carers Service/ Next Steps - Young Adult Carers Service - The Junction Foundation](#)

Stockton: <https://www.easternravenstrust.org/>

Carers Support:

These groups are accessible for carers of any age.

[Support for Carers - Hartlepool Carers](#)

<https://livingwell.darlington.gov.uk/Services/142>

The Here to Help 'resources', which include but are not limited to, website, information sheets, and in person workshops are intended to provide general information only. The 'resources' provided by 'Here to Help' do not replace, or supersede, professional and/or medical advice. Users should take professional advice before taking action which contradicts previous medical guidance. So far as permissible by law, SJOG does not accept any liability related to individual's use or interpretation of the 'resources' provided.

Whilst we have selected some resources from other organisations which we believe will be helpful, we accept no liability for the content of these resources.'

Although SJOG have taken all reasonable precautions to ensure that the 'resources' provided are accurate, neither SJOG or any of its employees, can be held responsible for the direct or indirect actions taken by users following engagement with Here to Help 'resources'.

Middlesbrough and Redcar and Cleveland: [We Care You Care | Middlesbrough Council](#)

Stockton: [Support for carers - Stockton-on-Tees Borough Council](#)

Support Groups:

[Adult sibling Facebook group - Sibs](#): For adults who have a sibling with a disability, a supportive space for connecting with others.

[Sibs - Join an adult sibling support group \(beaconforms.com\)](#) Online support groups for adults who have a sibling with a disability.

Information:

Website title: National Autistic Society: Guide for Siblings

Website Description: This page gives useful information for siblings of autistic individuals of all ages.

Website Link: [Family relationships - a guide for siblings of autistic people \(autism.org.uk\)](#)

Website title: Sibling Support Guide

Website Description: This page gives useful information and advice for siblings.

Website Link: [Autism Info for Siblings.pdf \(starsteam.org.uk\)](#)

Website title: Coping strategies from Mind

Website Description: These are some coping strategies recommended by the national mental health charity, Mind.

Website Link: [What can I do to help myself cope - Mind](#)

Website title: Autism and mental health- Mind

Website Description: This website provides information about autism and mental health by the national mental health charity, Mind.

Website Link: [Autism and mental health - Mind](#)

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