

Information on how the ME-WE young carers' mobile app offers help and support to children and young people under the age of 18 years

The ME-WE young carers' mobile app offers help and support directly to young carers. Young carers are children and young people under the age of 18 years who provide care, help or support to a parent, sibling, friend or other person close to them who has a disability, disease or other illness. The app can be downloaded for free via [Google Play](#) and [App Store](#).

The app is for all young carers. It can also be used as a tool in ME-WE group sessions, which also aim to help and support young carers by for instance contributing positively to their mental health and well-being. Both the ME-WE app and the ME-WE group sessions have been developed in the research project [ME-WE](#) together with young carers and professionals that work with young carers.

The text below describes in more detail how the different parts of the app help and support young carers.

News

On the start page of the app, news are published that in one way or another are linked to young carers. This helps young carers stay up to date on news that may be relevant to them in their caring role. (The news are available to anyone that downloads the app. No account is required.)

Information pages

The left menu includes information about the ME-WE project where the app was developed, young carers' rights, common illnesses and diagnoses, support available for young carers, what young carers can do in emergencies, terms and condition of use, privacy policy and contact information for a person that can respond to questions about the app. These pages have been written by people who work with young carers and contain information from quality-assured websites, such as www.1177.se and <https://www.umo.se/>. The aim of the information pages is to offer help and support to young carers at a distance by gathering important, quality-assured information in one place. (The information pages are available for anyone who downloads the app. No account is required.)

Stories

Here, users can read stories about other young carers. By showing young carers that they are not alone in their situation, they can receive support in their caring role. Support from people in similar situations is valuable. (The stories are available for anyone who downloads the app. No account is required.)

Diary

In the diary, users can write texts and upload pictures. The aim is to increase the opportunity for reflection, increased self-awareness and to contribute to personal development. The diary can help young carers deal with different thoughts and feelings instead of trying to control and hold them back. The diary is also used as a tool in various exercises in the ME-WE group sessions. Diary entries are personal and only visible to the user him- or herself. (The diary is available for anyone who downloads the app and creates an account.)

ME-WE training

Under ME-WE training, materials that are used during the ME-WE group sessions can be found. Here, users can find information about each group session, movies, mindfulness exercises etc. The ME-WE training page is thus a tool for providing the support offered in the ME-WE group sessions. (The material under ME-WE training is available for anyone who downloads the app and creates an account.)

Media

Media is used in connection with the ME-WE groups. Here, facilitators can share useful files with participants in their ME-WE groups. Media is thus a tool for providing the support offered in ME-WE group sessions. (Media is available for those living in Sweden, Italy and Switzerland who download the app and create an account and are ME-WE participants or ME-WE facilitators.)

Decks

Decks is used in an exercise during the seventh ME-WE group session, which focuses on how young carers can build strong social networks. In this exercise, the facilitator creates a deck of cards with different questions that the participants and the facilitator then discuss to strengthen them as a group. (Decks is available for those living in Sweden, Italy and Switzerland who download the app and create an account and are ME-WE participants or ME-WE group facilitators.)

The hand

The hand is used in an exercise during the seventh ME-WE group session. The exercise begins with all participants getting their own hand. The participants and the facilitator then go into each person's hand and write a likable characteristic that they have seen in that person or a nice moment that they have shared. When the exercise is finished, each participant gets their own hand with uplifting words that they can save on their mobile phone. (The hand is available for those living in Sweden, Italy and Switzerland who download the app and create an account and are ME-WE participants or ME-WE facilitators.)

The chat

In the chat, ME-WE participants and ME-WE facilitators can write messages and send pictures to each other, either in individual conversations or in group conversations. The chat can thus be used in connection with the ME-WE group sessions and makes it possible for facilitators to communicate with and support young carers. The chat can also serve as a forum where young carers can support each other. (The chat is available for those living in Sweden, Italy and Switzerland who download the app and create an account and are ME-WE participants or ME-WE facilitators.)