

Under 18?



Looking after someone in your family who is unwell or disabled?
Has mental ill health or a drug or alcohol problem?

Then you may be a young carer.

You're not alone.

There are thousands of young people like you.

Go to www.youngcarers.net

Chat with other young carers.
Get advice and information.
Find out how your school can help you.

"People think I don't care about school, but since my mum can't walk anymore she needs me there to help her some days."



As well as visiting www.youngcarers.net you can also talk to: