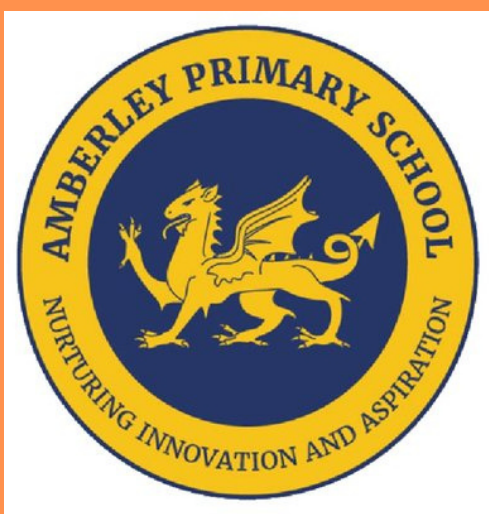




Do you look after someone in your family?

If someone in your family has a disability, illness, mental health difficulty or misuses drugs or alcohol and you help to look after them, then you are a young carer.

Being a young carer might involve:

- Helping with the shopping
- Cooking
- Cleaning
- Looking after brothers and sisters
- Giving medication
- Helping someone to go to the toilet or have a shower
- Keeping someone company when they are feeling down



There is help and support available for young carers. You are not alone!

If you have any questions, or think this could be you speak to Mrs Hurst.