

## Are you a Young Carer?

You are a young carer if you're under 18 and help to look after a relative with a disability, illness, mental health condition, or drug or alcohol problem. If you are a young carer, you probably look after one of your parents or care for a brother or sister. If you are a young carer please tell us and we will advise you about where to get help and support. As a young carer, you will be entitled to support.

If you are not sure whether what you do for someone at home or in your family makes you a young carer, contact your nearest carers centre for advice.

If you are a young carer and want to talk to someone, you can speak to a member of staff