

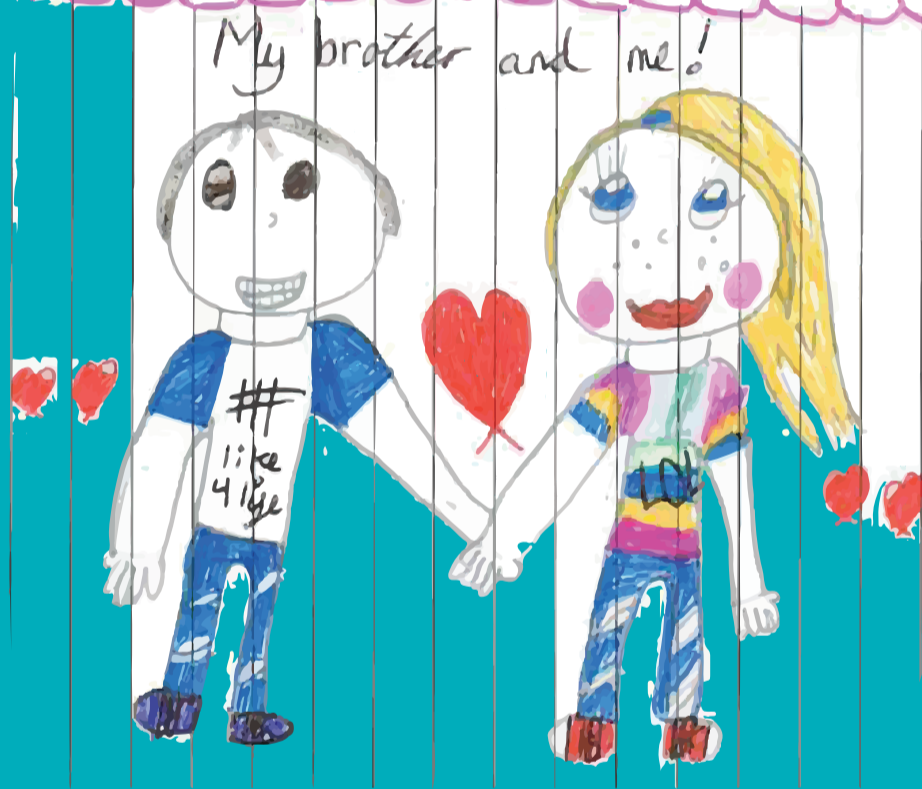
Young carers and mental health

I look after my brother.

Sometimes I miss out on things other kids are doing.

Meeting up with other young carers helps me maintain

good mental health



by Morgan
(Age 8.)



If you know someone who is a young carer, they can get help from Carers Support Centre

youngc@carerssupportcentre.org.uk 0117 958 9980

www.carerssupportcentre.org.uk