

Young carers and mental health

Talk about
Your feelings

Its not a weakness to
Speak up.

When things are hard,
ask for help

Drew
15 yrs old



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