

Is this you?

Protective

Tired

Caring

Anxious

Stressed

Guilty

Kind

That's my sister, she helps me.

Hey... That sounds like me!

...it's Mum, I take care of her.

We're under 18 and provide unpaid help and support for someone with a long term physical disability, mental health condition or problems with drugs and alcohol.

Responsible

Isolated

Understanding



MARCH 2018



Where to get help and support

If you think you might be a young carer contact:

★ Surrey Young Carers ★

syc@actionforcarers.org.uk

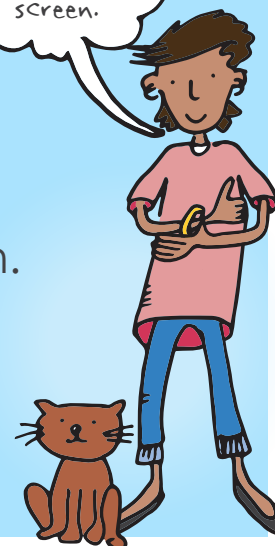
surrey-youngcarers.org.uk

01483 568269



If you're 18-24 then call the number on the screen.

Or pick up one of our leaflets for more information.



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