carers' resource
Young Carers



ARE YOU A YOUNG CARER?

Do you help look after someone who has:

-an illness
-a disability
-a mental health condition
-an addiction

You might be helping with:

-cooking and cleaning
-keeping an eye on a sibling
-providing emotional support when things get tough

Looking after someone is a pretty amazing thing to do, but it can be a lot to take on.
YOU ARE NOT ALONE and we are here to support you.

We can offer mentoring, youth clubs, trips, activities and a chance to meet other young carers...



SCAN THE QR TO FIND OUT MORE

Get in touch!

www.carersresource.org
Bradford: 01274 449660
Craven: 01756 700888
Harrogate and Selby: 01423 500555

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