

DO YOU HELP TO LOOK AFTER SOMEONE IN YOUR FAMILY WHO HAS A **MENTAL** OR **PHYSICAL ILLNESS, DISABILITY** OR IS **DEPENDENT ON DRUGS OR ALCOHOL?**

**YOU ARE A YOUNG CARER
AND YOU ARE NOT ALONE.
WE ARE HERE TO LISTEN
AND TO HELP.**

SCAN ME



Get in touch to find out how we can help
you and your family with the emotional
and practical caring tasks you are doing.

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