

# Young Carers and Mental Health

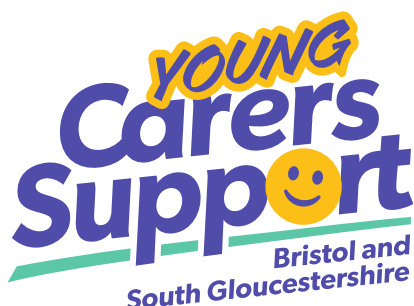
A yOUNG Carer has  
the responsibilities  
of an adult.

They grow up quickly  
on the inside.

By Ellis  
(age 11)



If you know a young carer, they can get help from



☎ 0117 958 9980

✉ [youngc@carersbsg.org.uk](mailto:youngc@carersbsg.org.uk)

🌐 [www.carersbsg.org.uk/young-carers](http://www.carersbsg.org.uk/young-carers)

If you care, we care.