

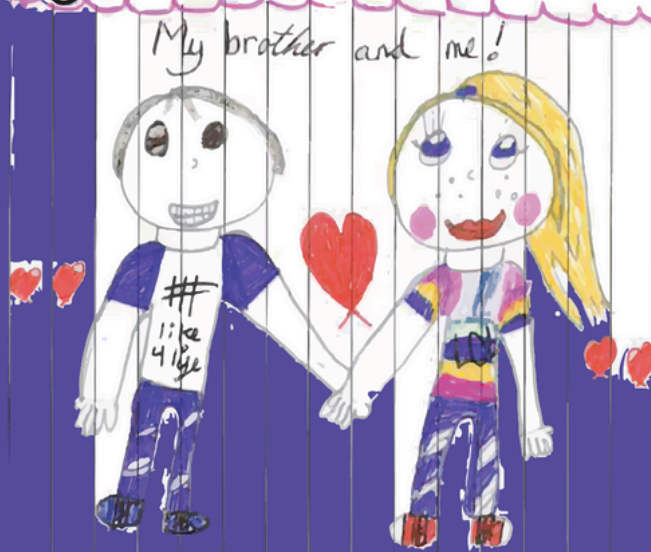
# Young Carers and Mental Health

I look after my brother.

Sometimes I miss out on things  
other kids are doing.

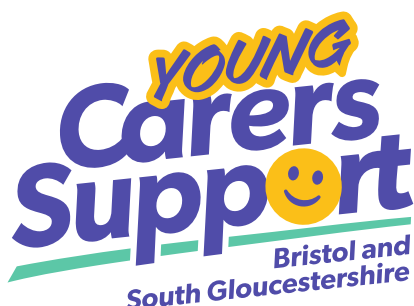
Meeting up with other young  
carers helps me maintain

good mental health



by Morgan  
(age 8.)

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.