

Young Carers and Mental Health

Young Carers are good
at hiding their
Feelings
behind
the Mask

Ellie, age 15



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



☎ 0117 958 9980

✉ youngc@carersbsg.org.uk

🌐 www.carersbsg.org.uk/young-carers

If you care, we care.