

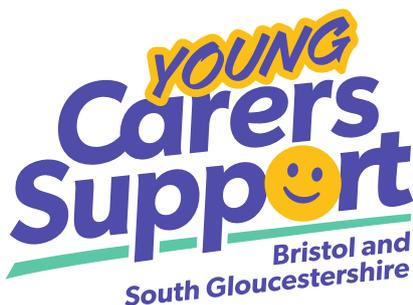
# Young Carers and Mental Health

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

If you care, we care.