

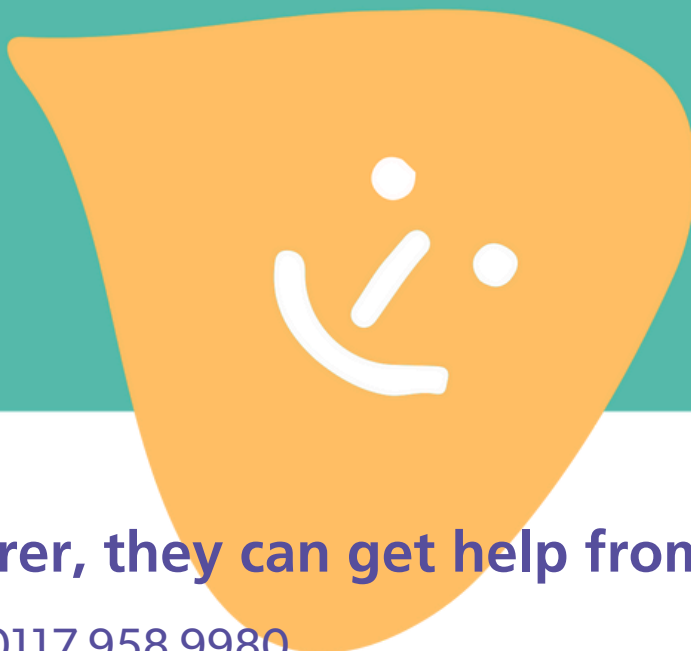
Young Carers and Mental Health

Talk about
Your feelings

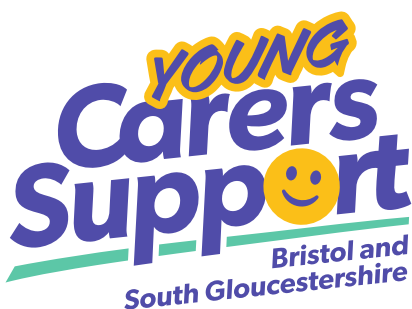
It's not a weakness to
Speak up.

When things are hard,
ask for help

Drew
15 yrs old



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.