

Young Carers and Mental Health

You're not alone in this.

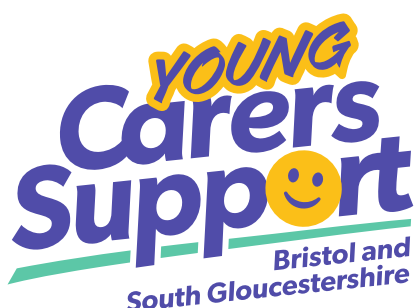
If you're helping to look after someone
look after yourself too:

1. Talk about your feelings
2. Keep Active
3. Eat and drink well
4. Keep in touch
5. Ask for help
6. Take a break
7. Do something you're good at
8. Accept who you are
9. Be proud of yourself
10. Contact carer's support centre



Sarah
Age 16

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.