

CARERS WEEK - YOUNG CARERS

Caring about Equality



- Could someone in your family be a young carer?
- A young carer cares for a **family member** who, due to illness, disability, a mental health condition or an addiction, **cannot cope without their support**.
- We are proud of our young carers and the care they provide. However, a young carer **may miss out** on extra support offered and opportunities in their education, careers and personal lives due to their caring role.
- You can get them further support by contacting the Young Carers Service at Carers in Hertfordshire.

THINK

REFER

SUPPORT



email: young.carers@carersinherts.org.uk



Visit: www.carersinherts.org.uk/young-carers