

ACTION FOR YOUNG CARERS

There are over 175,000 young carers nationally.
A young carer can be between 5 and 18 years old.

Could you be a
young carer?

Are you helping to look after
someone at home?

Do they have a disability, illness, mental health diagnosis
or are they misusing drugs and/or alcohol?

Do you need help?

For confidential advice and information,
contact AYC on 0115 912 8077/044
between 9am and 5pm Monday to Friday.

You can also text us on 07814678460 between 9am and
5pm Monday to Friday and 9am and 7pm on Wednesdays.

Alternatively, you can speak to your family doctor, your
school, or someone you can trust.

You can ask for
more details from:

Tel: 0115 912 8077/044

Email: ayc@carersfederation.co.uk



CARERS FEDERATION
LIMITED