

ARE YOU A YOUNG CARER?



Do you care for a family member because.....

they have a mental or physical illness?

they struggle with alcohol?

they have a mental or physical disability?

they struggle with drugs?

Carers in Hertfordshire will help you by...



Listening



Supporting



Empowering



Building networks with other carers



Carers in Hertfordshire

Young Carers

Support for YOU



For more information, visit www.carersinherts.org.uk/young-carers or scan the QR code

"Having people listen and support me has got me through the hardest of times."