

# Are you a super duper helper ?



Could  
this  
be you?

- ★ I look after someone at home who is poorly or needs help
- ★ I help my mum and dad to look after my brother or sister
- ★ My mum and dad are poorly and get upset sometimes

## You may be a young carer

Speak to your teacher as soon as you can and let them know how much you help your family at home

[www.crossroadstogether.org.uk](http://www.crossroadstogether.org.uk)