## Do I look like I care?





Could this be you?

## Young carers often go unnoticed

If you are a young person under 18 and you help to look after someone in your family, either physically or emotionally, who has an illness, a disability, a mental health problem or a substance misuse problem, you are a young carer.

## For support, contact our Young Carers Project Worker:



01204 934061

boltonyc@crossroadstogether.org.uk

## www.crossroadstogether.org.uk

Crossroads Care Cheshire, Manchester and Merseyside Limited trading as Crossroads Together. Registered in England and Wales. Company Number: 3554493. Registered Office: Overton House, West Street, Congleton, Cheshire, CW12 1JY. Registered Charity No 1075268. Regulated by the Care Quality Commission. Patron: Fiona Bruce MP