

# 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**



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