

Could you be a YOUNG CARER?

Do you help look after someone in your family who is unwell, disabled, have a mental health or substance misuse issue. Do you...

It is estimated there are
700,000
Young Carers
in the UK,
many unaware
of the impact
that caring is
having on
their lives



If so, then you could be a young carer, and **we can help you**. You are not alone, about **one in 12 high school students are young carers**. If you think you are a young carer there is support available. **Letting someone in school or us know could help you** get some support. Warrington Carers Hub supports young carers aged 5-18 through **information, advice, one to one and group activities**.

In your school you can speak to:



For support or more information about accessing support:

Warrington Carers Hub

T: 0300 303 0623 E: enquiries@warringtoncarershub.org.uk

