Are you a young carer?

A young carer is anyone under the age of 18 (or 18 if still at school) who cares for a family member or friend due to illness, disability, a mental health problem or an addiction.

If you think you are a young carer you can talk to a teacher, school nurse or GP (Doctor). They can help you identify support like Quarriers Aberdeenshire Carer Support Service.

You can also contact Quarriers directly:

- Tel: 01467 538700
- @Aberdeenshire Carer Support Service
- Email: aberdeenshirecarers@quarriers.org.uk
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