

# ARE YOU A YOUNG CARER?

Young carers are children and young people aged under 18, or 18 and still at school who look after or intend to look after a relative who is unable to cope without support due to illness, disability, a mental health problem or an addiction.



**0141 887 3643**

**[www.renfrewshirecarers.org.uk](http://www.renfrewshirecarers.org.uk)**

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