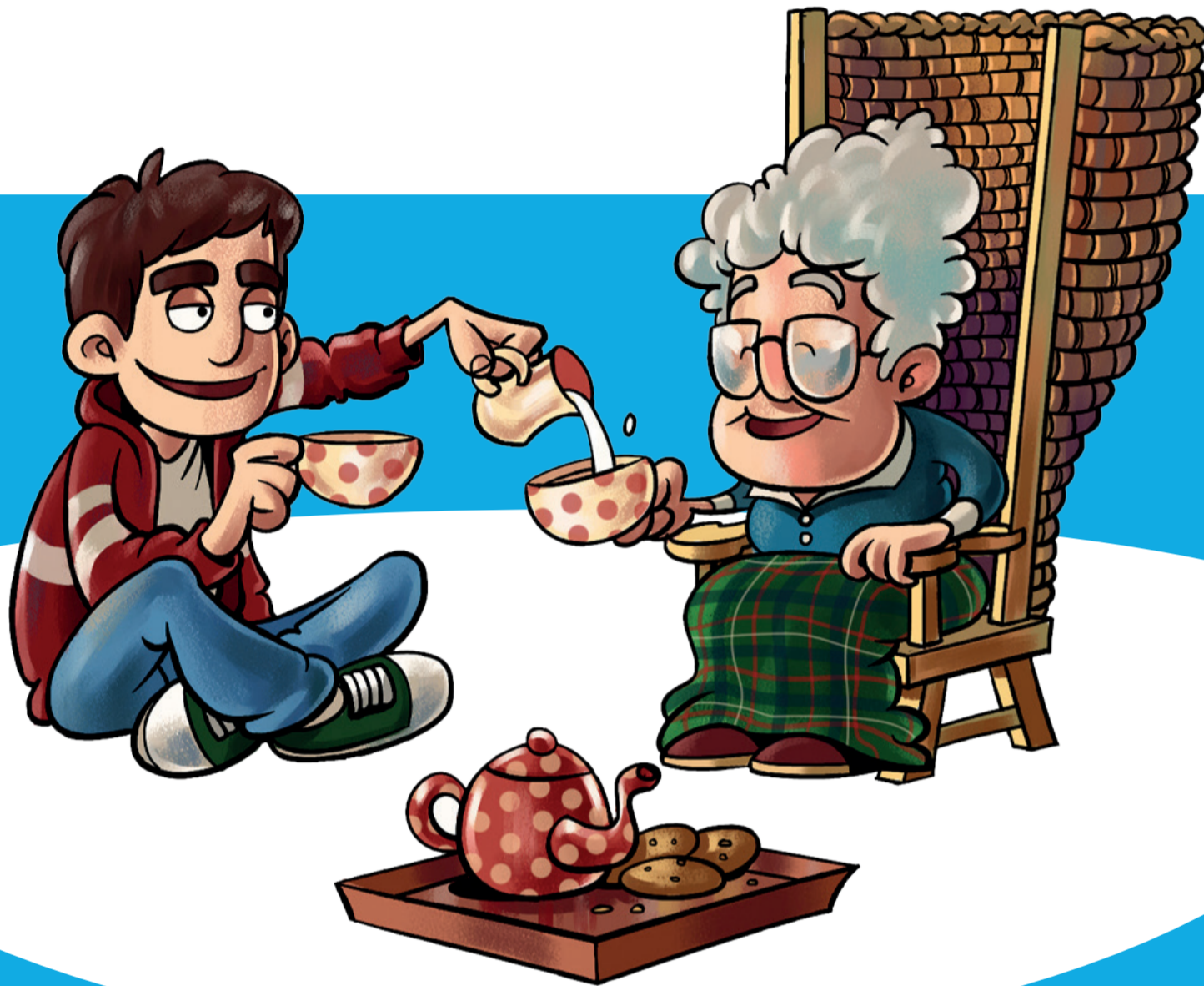


a whole family approach for young carers



SOME YOUNG CARERS AND THEIR FAMILY MEMBERS MAY FIND IT DIFFICULT TO SPEAK ABOUT UNPAID CARING ROLES IN THE FAMILY.

BUT IT IS SO IMPORTANT TO COMMUNICATE AND REACH OUT FOR SUPPORT WHEN YOU NEED IT.

To find out more, contact Scotland@carers.org
or visit www.togethereuproject.eu