

WHO'S MISSING?



- Do you have a friend who 'flakes' a lot?
- Is a classmate absent from lessons?
- Have you noticed a student who struggles to take part in after school activities or trips?

They might be a **young carer** or a **young adult carer**. They are young people who look after someone in their family or a friend who is ill, disabled, or has a mental health problem or an addiction.

Young Carers Action Day

16 March 2022

On Young Carers Action Day we are asking people to see who might be missing out because they are a young or young adult carer. Get involved and take action to help tackle young and young adult carer isolation.

Find out more and get free resources to help you:

[Carers.org/YCAD](https://www.carers.org/YCAD)

[#YoungCarersActionDay](https://www.instagram.com/YoungCarersActionDay)

