Do you help look after someone in your family who is ill or disabled?

Does it make it hard to do your school work, see your friends and do the things you enjoy?

Looking for some time out and someone to talk to who understands what it’s like?

**MEET OTHER YOUNG CARERS**

**HAVE A BREAK**

**TRY NEW THINGS**

**GET SUPPORT**

**TALK THINGS THROUGH**

**WE CAN HELP YOU**

**1:1 SUPPORT**

**YOUNG CARER GROUPS**

**INFORMATION & ADVICE**

**DAY TRIP & RESIDENTIALS**

Get in Touch (we don’t bite!)

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