

Who is a young carer?



Building
stronger
families

Young carers are children and young people under 18, who take on physical, practical, or emotional tasks at home because someone in their family has a disability, is suffering from an illness, experiences mental ill health, has a learning disability or has a problem linked to alcohol or drugs.

Lots of children and young people want to help at home and feel proud supporting the person they care for. At the same time, however, the impact of these caring tasks may affect mental and physical wellbeing, cause difficulties at home, in school/college or elsewhere.

If you feel you or someone you know is providing care for a family member and would benefit from some support please visit our website by scanning the QR code overleaf for further guidance and information.



Leeds Young Carers Support Service

- We provide **information and advice** to young carers, their families, and professionals.
- We deliver **practice development and training opportunities** to professionals to improve the identification and support for young carers across Leeds.
- **We support and work with families directly** to help reduce the amount of care the child or young person is providing, minimize the impact and ensure the cared for person is receiving appropriate care and support.

To speak to us or to find out more about the support we provide please scan the QR code to access our website.

Alternatively ring us on 0113 733 9126 or email Leedsyoungcarers@family-action.org.uk

Registered as a Charity in England & Wales no: 264713.

SCAN ME

