

# Leeds Young Carers

Does someone in your family need your help because they are disabled, living with a physical or mental illness or have a difficulty with alcohol or drugs?

Are you under the age of 18?

Do you regularly provide **personal help**, such as getting dressed, washed, taking medication or moving around?

Do you regularly help your family with **household tasks** such as cleaning, shopping or preparing meals?

Do you provide **emotional support** for someone, or worry about them when you are not together?

**SCAN HERE**



"I need someone to help my mum and me when mum has a real bad day and can't walk"

"I put a brave face on and keep Dad's illness to myself"

"Since I talked to someone, mum is getting more support at home and I have time for school and my friends"

For more information and support speak to;

[www.family-action.org.uk](http://www.family-action.org.uk)

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

Alternatively, contact Leeds Young Carers Support Service on: 0113 733 9126 or at: [Leedsyoungcarers@family-action.org.uk](mailto:Leedsyoungcarers@family-action.org.uk)