

# COULD YOU BE A YOUNG CARER?

A young carer is someone aged under 18 who helps look after a family member or friend due to:

Illness

Disability

Mental health issues

Alcohol or drug misuse

## HELP IS AVAILABLE FOR YOU

If you provide emotional support or carry out household or medical tasks, these organisations provide support you can access:

South Gloucestershire Council: [Support for young carers](#)



Carers Support: [Support for young carers in Bristol and South Glos](#)



Carers Trust: [Help for young carers](#)



The Children's Society: [Advice and support for young carers](#)



**Can't access the internet?** Call the Young Carers team at Carers Support (Bristol & South Gloucestershire) on **0117 958 9980**.



Help and support is available to help you to navigate being a young carer.



South Gloucestershire Council

Delivering with you