

Are you under 19 and help
to care for someone who
is ill, disabled, elderly, or
misuses drugs or alcohol?

*You are
not
alone*



Our Young Carers Service is there for you!



Making Young Carers Count

Working with:





Our Young Carers Service offers free support including:

- Home or school visits or conversations with you and your family to find out what's important to you and discuss how we can help.
- Activities where you can meet other young carers, have a break from caring, and may even learn new skills or develop existing ones.
- The Carers' Passport Discount Card - save money when shopping or out.
- Opportunities to have your say, for example through surveys or our Young Carers' Council.

Contact us by calling 01992 58 69 69

Email: young.carers@carersinherts.org.uk

Visit our website www.ycih.org

Write to: Carers in Hertfordshire (Young Carers Service),
The Red House, 119 Fore Street, Hertford, Herts, SG14 1AX.

Find us at:  **@ycherts**  **@cleveland_ycherts**

