Are you a young adult carer?

Do you care for someone who is ill, disabled, has mental health concerns or addiction issues?

Do you support someone with their personal care, household tasks(like cleaning and laundry), managing shopping and budgets and getting out and about?

Do you worry about your future, and that you will be less able to support your family member if you go to college, uni or start work?

Support for young adult carers in Surrey

www.actionforcarers.org.uk

Are you supporting someone in your family who's unwell or disabled?

We can help! We can...

- Support with your wellbeing
- Help you to consider your next steps and give advice
- Connect you with other young adult carers at free fun events and information workshops... *and more!*

030 030 1234

info@actionforcarers.org.uk

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Action for Carers Surrey

For Young Adult Carers

