

ARE YOU A YOUNG CARER?

If you look after someone at home due to illness, mental health, disability, or drug/alcohol misuse, you may be a Young Carer.

EDINBURGH
**YOUNG
CARERS**

**START A NEW
ADVENTURE**

Edinburgh Young Carers can be there for you, by offering you fun, relaxation, time out, and a chance to talk and be heard.



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@Edinburghyoungcarers



@EYCP

**WE KNOW IT'S NOT
EASY. LET US HELP YOU!**