

HANDS UP WHO CARES?



**ARE YOU A YOUNG CARER?
ARE YOU WORKING WITH A YOUNG CARER?**

A Young Carer is a young person under the age of 18 years helping to care for a family member with a physical disability, mental health condition, illness or addiction.

There is help and support available for Young Carers and their families.

For more information, please contact Lincolnshire Young Carers:

Tel: 01522 553275

Email:

youngcarers@lincolnshire.gov.uk



WE DO!

