

# Are you a young carer?

**Do you help care for someone in your family?**

**You might have started caring more recently due to family circumstances or may have been doing this for a while.**

**Either way - we are here to support you!**

Young Carers are children and young people up to the age of 18 who help care for someone within their family because they have a disability, are ill, have a learning difficulty, are struggling with their mental health, misuse substances or have a sensory impairment.

You may be taking on extra tasks such as: shopping, collecting prescriptions, cooking, cleaning, helping someone get dressed, washed or move around the home, helping with medication or finances, providing emotional support, or helping to look after siblings.

It's not always easy being a young carer, you often have to take on adult responsibilities that can affect your friendships, learning and development, health and wellbeing or future career choices.



## Spurgeons Birmingham Young Carers is here to help you



We can help to support you in the way that would be most helpful to you - this could be; one to one support, support in groups with other young carers, advice and information, liaising with other professionals, looking at how you are caring and seeing if more support is available.

Most importantly give you the opportunity to make friends with other young carers.

If you are over 18 please contact the YMCA on 07931 277 708 or 0121 454 5614

If you are primarily caring for someone with mental health issues please call Home Group on 0300 304 5530

For anyone else please use the number below.

### Contact us



0121 638 0876



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