

# YOUNG CARERS ACTION DAY 2023



**Are you a young carer or do you know a young carer?  
Get involved in Young Carers Action Day!**

Find out more about Young Carers Action Day 2023 and how we'll be making time for young carers:

- Visit **Carers.org/YCAD** where you can download our **activity pack** and find lots of fun ideas for activities you can do to take action.



## Who are young carers?

Young carers provide regular care to someone in their family or a friend who is ill, disabled, or has a mental health problem or an addiction.

#YoungCarersActionDay

