



EDINBURGH
**YOUNG
CARERS**

ARE YOU A YOUNG CARER? WE CAN HELP

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

Sometimes you might struggle to find time for yourself, to meet friends or do homework. You might feel worried, upset, lonely, confused or even angry.

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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