

ARE YOU A YOUNG CARER?

Do you know someone who lives with mental health or addiction challenges?

NO



YES



Is this person your ...

- Family (sibling, parent, grandparent or other relative)
- Partner or spouse
- Friend

NO



YES



Are you under the age of 25?

NO



YES



If you answered 'no' to any of the questions, we encourage you to learn more about young carers in our local addiction and mental health system. Visit our social media page. Check out our website and get in touch!

YOU MIGHT BE A YOUNG CARER

The term *young carer* describes someone under the age of 25 who has a close relationship with, or cares for, someone living with, or recovering from, an addiction or mental illness.

A Changing CARE: Embrace initiative with Cornwall Hospital's Community Addiction & Mental Health Centre and the Cornwall & District Family Support Group.



@youngcarers_embrace



@caregiversSDG



@EmbraceCaregivers

