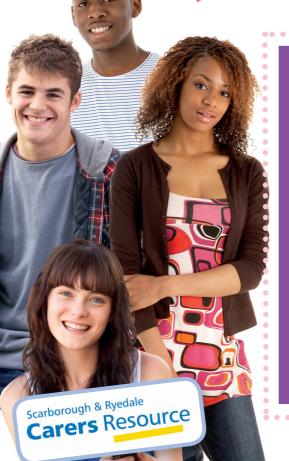


## Are you aged 16-35?

Do you look after someone?



Do you provide support to a partner or relative who has a mental or physical illness or substance misuse issue?

Are you the parent of a disabled child?

If so you are a Young
Adult Carer and we can
help you!

We're here to support you!



**Young Adult Carers** support for people aged 16-35

## We focus on you and help reduce the stress of caring by:

- Giving impartial information and advice
- Providing emotional support & time to talk
- Guiding you through the 'red tape' of authority
- Helping to maximise your income
- Signposting to appropriate services
- Providing information and practical support with training, volunteering & employment
- Giving you an opportunity to meet other carers at events & social outings



Call us on: 01723 850155

Phone: 01723 850155

Email: staff@carersresource.net

Website: www.carersresource.net







## **Scarborough & Ryedale Carers Resource**

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