How to contact us

Telephone: 0151 356 3176

Email: info@cheshireyoungcarers.com

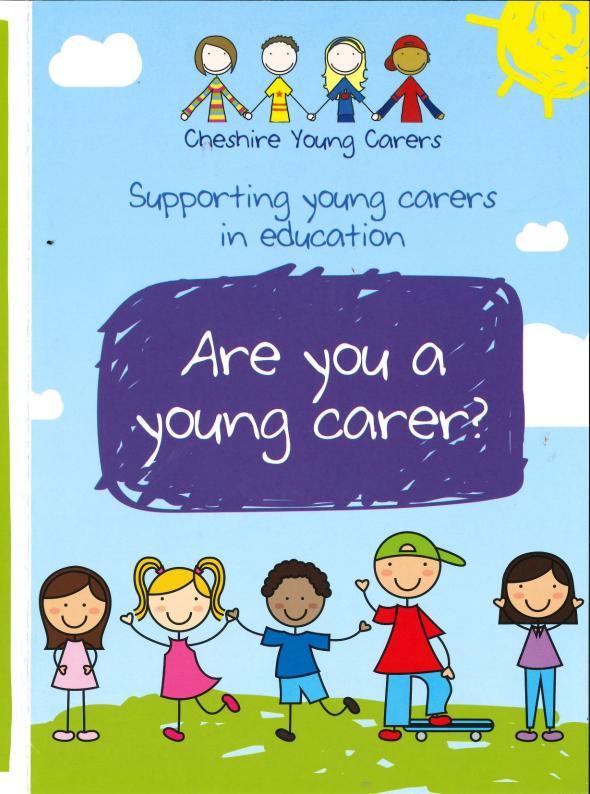
Visit our website: www.cheshireyoungcarers.org



Registered Charity no. 1151399

Cheshire Young Carers

Northern Lights Business Park, Rossfield Road, Ellesmere Port CH65 3AW Tel: 0151 356 3176



Do you help to look after someone at home?

It may be a parent, brother, sister or grandparent?

They may be unwell or disabled?

They may have mental health and substance issues?

Do you help someone with:

- · Shopping
- · Washing + dressing
- · Cooking + cleaning
- · Paying bills
- Looking after siblings
 Emotional support
- · Doctors visits
- Medicines?



If you answer yes to 3 or more of these questions, then you may be a young carer.

Who can I talk to about this?

Go to a member of staff that you feel comfortable with as they are there to listen and want to support you.

> Don't stay silent, get the help and support you deserve!

