



Young Carers' Service

Are you a young carer?

- Young carers are children and young people age 5 - 18 who take on, share or are impacted on by a caring role for another family member.
- Young Adult Carers are aged 16 - 25.
- They could be helping and supporting someone in their family who may have a disability (learning or physical), mental ill health, substance misuse or an illness.
- They could be helping a brother, sister, parent, grandparent or other family member.



How can we support you?

- Whole family support.
- One to one support.
- Group work and social activities to build skills, peer networks, friendships, confidence and self belief.



"I've loved meeting new friends. I can cope with my feelings better, I feel happy! It's an amazing feeling".

"It's good to know others have to deal with things like I do".

Spend some time on you.

Being a young carer can be hard work, so take some time out to meet new people and try new things.

'Discover your true potential'

**To find out more,
contact our friendly team:**

Simply call **01642 756000** or email

info@thejunctionfoundation.com

Web: **www.thejunctionfoundation.com**

Facebook: **www.facebook.com/TheJunctionFoundation**

Our services cover South Tees