

Do you live with someone with a mental or physical health illness, condition or disability?

Do you help with any of these tasks?

Practical:

- Cooking
- Cleaning / laundry
- Shopping
- Looking after siblings
- Paying bills

Personal:

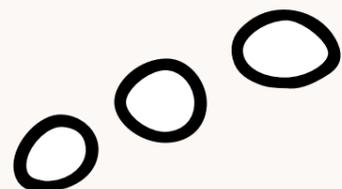
- Changing their clothes
- Helping to give medicine
- Washing them
- Moving them
- Using the toilet

Emotional:

- Keeping them company
- Reassuring them
- Regulating emotions
- Calming them down
- Understanding their feelings

Which might make you feel...

Exhausted Worried
Like you need a break
Responsible Mature



If so...

You might be a young carer!

Speak to a healthcare professional, who can give you more information on how to get support.

(Even if you just ticked one box!)