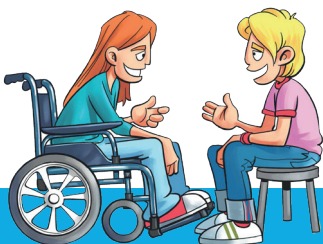




# I AM A YOUNG CARER





# MY LIFE AS A CARER

IT CAN BE DIFFICULT TO SHARE HOW YOUR CARING ROLE MAKES YOU FEEL, ESPECIALLY WITH YOUR FAMILY. BUT IT IS SO IMPORTANT TO REACH OUT FOR SUPPORT WHEN YOU NEED IT.

## CONTACT US

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Contact Carers Trust Scotland for more information on the support available for young carers  
**Carers.org**

To find out more about our Together project, visit **[togethereuproject.eu](http://togethereuproject.eu)**



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