

**Are you a super  
duper helper?**

  
**carerstrust**  
4all  
Crossroads care service  
action · help · advice



**Does this sound like you?**

Do you help someone in your family? Do you help with the shopping, making tea, cleaning or doing the washing? Do you help someone who is unwell or disabled and needs you to help take care of them? You may be a Young Carer

**Carers Trust 4all can help to support Young Carers**

**Speak to your teacher as soon as you can  
and let them know how much you help  
your family at home**



**[www.carerstrust4all.org.uk](http://www.carerstrust4all.org.uk)**

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