

Are you, or do you know a young person, who looks after someone in their family who has a long-term illness, disability, mental ill health or substance misuse problem that impacts on that young person?

This may be taking on responsibilities, emotional/and or practical support that would normally be expected of an adult

If yes, then you are one of the thousands of young carers in the city and Sunderland Carers Centre is here to support you

Please contact us on **0191 549 3768**

A 'Young Carer' is defined as a child between the age of 5 to 16 and a 'Young Adult Carer' as aged 16 to 25

Sunderland Carers Centre can provide one-to-one support and advocacy to Young Carers and Young Adult Carers.

The support available varies for each caring situation and family situation.



Keep in touch with the important news for Young Carers in Sunderland



@sunderlandcarerscentre



@sunderlandcarer



www.sunderlandcarers.co.uk



0191 549 3768



contactus@sunderlandcarers.co.uk

