

Young Carers

Do you look after someone? Do you have no time for friends and study? Are you feeling under pressure and worried? We can support you in your caring role. Come and tell us you are a carer, we will make a note on your medical record as this may entitle you to more services and benefits.

If you live in Surrey you can also contact Surrey Young Carers on 01483 568269 or www.surrey-youngcarers.org.uk

If you live in West Sussex are aged 18-25 you may find more help from 'Shine' who are part of Carers Support West Sussex. They can be contacted on 0300 028 8888 or email shine@carerssupport.org.uk



They are friendly and welcoming groups designed by young adult carers for young carers.



is an organisation run by West Sussex County Council for people aged 5-18. They too can support you in many ways. Please do not struggle alone, there is lots of help around this area. Ask an adult to refer you or call them on 01903 270300 or go to <https://www.westsussex.gov.uk/education-children-and-families/young-carers/>