

## Young Carers Awareness Day 30 January 2020

Everyday across the UK thousands of young people help to look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

If you are under 18 and you help to look after someone you may be a young carer.

### Young carers do many things that other young people might not usually do, such as:

- Talking to someone who is distressed and helping them communicate.
- Helping get someone out of bed and dressed.
- Collecting prescriptions and giving out medicines.
- Managing the family budget.
- Cooking, housework and shopping.

**For young carer help, information and advice, contact your local young carer service:**



**Young Carers Awareness Day is an annual event, organised and led by Carers Trust, to raise awareness of the challenges faced by young carers and to campaign for greater support for them.**

**This year, Carers Trust has launched the **Count Me In!** campaign asking education providers to do more to identify young carers and to make sure that they are recognised and supported. This includes making sure that more young carers know how to access their local young carers service.**

**Support the campaign and find resources to help you: [Carers.org/YCAD2020](https://www.carers.org/YCAD2020).**



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**#YoungCarersAwarenessDay  
#CountMeIn**