



The
Children's
Society

Include Programme

Are you a young carer?

Are you under 18? Is your life affected in some way because you care for someone who:

- is ill?
- has a disability?
- is experiencing mental illness?
- is affected by alcohol/drug misuse?

Talk to your doctor or nurse.

For local info/support please contact:

Wellbeing and Young Carers Team -
01724 296679
youngcarers@northlincs.gov.uk

or find information at
www.youngcarer.com
www.youngcarers.net

Poster produced by The Children's Society Include Programme,
Calford House, Unit 4, Wessex Business Park,
Wessex Way, Colden Common, Hants SO21 1WP
Tel: 01962 711511 | Email: include@childrenssociety.org.uk