

YOUNG CARERS PROJECT

Centre
Supporting Young People

33

DO YOU HELP TO LOOK AFTER SOMEONE
IN YOUR FAMILY WHO HAS A MENTAL OR
PHYSICAL ILLNESS, DISABILITY OR IS
DEPENDENT ON DRUGS OR ALCOHOL?

YOU ARE A YOUNG CARER AND YOU ARE NOT ALONE.
WE ARE HERE TO LISTEN AND TO HELP.



WE SUPPORT YOUNG CARERS

Get in touch to find out how we can help you and your family with the emotional and practical caring tasks you are doing.

Tel: 0333 4141809

email: youngcarers@centre33.org.uk

www.centre33.org.uk

[@centre33camb](#)



**"I FEEL REALLY SUPPORTED AND
ABLE TO TALK HONESTLY ABOUT
MY WORRIES, MEETING WITH
MY CENTRE 33 WORKER AND
HAVING A PLAN IS LIKE HAVING
A WEIGHT LIFTED OFF MY
SHOULDERS"**

SCAN ME

