

Young Carers Action Day

**CARERS
TRUST**

**Wednesday
12 March 2025**

Young carers and young adult carers are people under 25 that look after family members because of illness, disability or addiction.

With so much responsibility on their shoulders, they have little time for themselves.

They need time out from caring to rest, recharge and focus on themselves – a hobby, studying, or simply spending time with friends.

Help **give young carers a break.**

Find out more
and get involved:
carers.org/ycad

#YoungCarersActionDay

