

Young Carers Action Day

**CARERS
TRUST**

Wednesday 12 March 2025

Give Me A Break

Are you under 18 and looking after a family member because of illness, disability or addiction? Or does this sound like one of your friends?

Young carers have so much responsibility on their shoulders. They need a break from caring to rest and have time for themselves - maybe for a hobby, or just hanging out with friends.

Help **give young carers a break.**



Download our social media
assets to get involved:
carers.org/ycad
#YoungCarersActionDay

