

A young person with dark hair, wearing a red top, is holding a white rectangular sign in front of their face. The sign has red text on it. The person's hands are visible on the left and right sides of the sign.

# ARE YOU A YOUNG PERSON LOOKING AFTER SOMEONE IN YOUR FAMILY?

Do they need your support because of illness, disability, mental ill health or difficulties with drugs or alcohol?

If so, you are a Young Carer and we are here to support you and your family

The logo for Carers Matter Norfolk features three stylized human figures in yellow, green, and red, arranged in a circle with their arms raised.

Carers Matter Norfolk  
SUPPORTING YOUNG CARERS & FAMILIES

A young person with short hair, wearing a dark patterned sweater over a light-colored collared shirt, is holding a large white sign. The sign has teal-colored text. The background is a solid teal color.

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The logo for Carers Matter Norfolk features three stylized human figures in orange, green, and red, arranged in a circle to form a heart shape.

**Carers Matter Norfolk**  
SUPPORTING YOUNG CARERS & FAMILIES

A young boy with a wide smile, wearing a blue and white plaid shirt, is holding a white rectangular sign in front of his chest. The background is a solid orange color.

**ARE YOU  
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If you are a Young Carer or you think your child, relative or friend might be, we're here to help with 1:1 support for you and your family.

- Get support for the person you care for
- Connect with local groups, services and other Young Carers
- Get the right support at school or college
- Look after your health and wellbeing
- Understand your rights

**Call our free Advice Line on 0800 083 1148**

(Mon-Fri 8am - 8pm, Sat 4-8pm, Sun 8am - 12 noon)

Register for support at [www.youngcarersmatternorfolk.org](http://www.youngcarersmatternorfolk.org)

[info@carersmatternorfolk.org.uk](mailto:info@carersmatternorfolk.org.uk)

Text Only – 07537417850

 @CarersMatterNfk

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**Carers Matter Norfolk**  
SUPPORTING YOUNG CARERS & FAMILIES