

ARE YOU AGED 18 OR UNDER?



Do you look after a family member or friend who because of disability, illness, mental health condition or addiction couldn't cope without you?

IF YES, YOU ARE A YOUNG CARER.

To help make sure that we give you and the person you support the best and most appropriate information, advice and help possible please let us know about your caring responsibilities.

You can do this by:

Contacting Action For Children West Wales

01437 761330

or

Contact Ceredigion Carers Unit

01970 655564

If you would like to apply for a Young Carers ID card to help you let people know that you are a young carer, please contact:

<http://www.ceredigion.gov.uk/youngcarercard>



carersunit@ceredigion.gov.uk



01970 633564

For more information about the national Young Carers ID card scheme visit carers.org/YCID