

We offer support with

- money/benefits
- transport
- employment
- education
- health and fitness
- housing
- and much more
- one-to-one support
- social events
- "me" time



Contact us:

01803 208455

torbayyac@nhs.net



 Find us on Facebook

www.facebook.com/torbayyac

If you are under 16 please feel free to contact us and we will put you in touch with Torbay Young Carers Service

This leaflet is available in other formats and languages. For more information telephone 01803 208455.

1708/0216

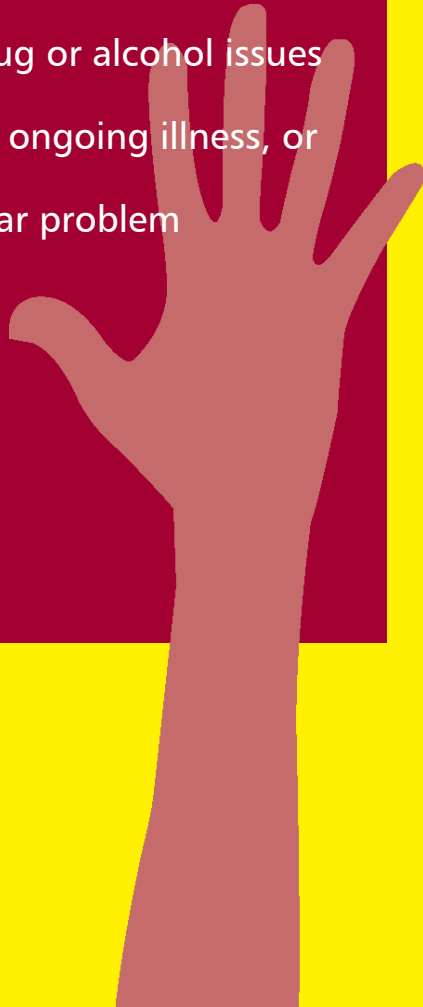
Young Adult Carers



Hands up if u r 16-25
and help care
4 someone

Do you support someone who...

- has any disability
- is frail or elderly
- has mental ill health
- has drug or alcohol issues
- has an ongoing illness, or
- a similar problem



Do you...

- organise or attend appointments
- deal with medication
- pay bills/sort paperwork
- provide personal care
- provide emotional support
- cook or clean for them
- help with your brothers or sisters, or
- support them in other ways



If you have answered yes to any of these questions then you **may** be a

Young Adult Carer

We are here for you!

We provide a confidential service - turn over for details.

