

ARE YOU A YOUNG CARER?



A young carer is anyone under the age of 18 (or 18 if still at school) who cares for a family member or friend due to illness, disability, a mental health problem or an addiction.

If you think you are a young carer you can talk to a teacher, school nurse or GP (Doctor). They can help you identify support like VSA Aberdeenshire Carer Support Service.

**ABERDEENSHIRE
YOUNG  CARERS**
INFORMATION, ADVICE & HELP IS AVAILABLE

YOU CAN ALSO CONTACT VSA DIRECTLY:



Telephone: 01224 727670



Email: carers.shire@vsa.org.uk



www.vsa.org.uk/carers



VSA Aberdeenshire Carers

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