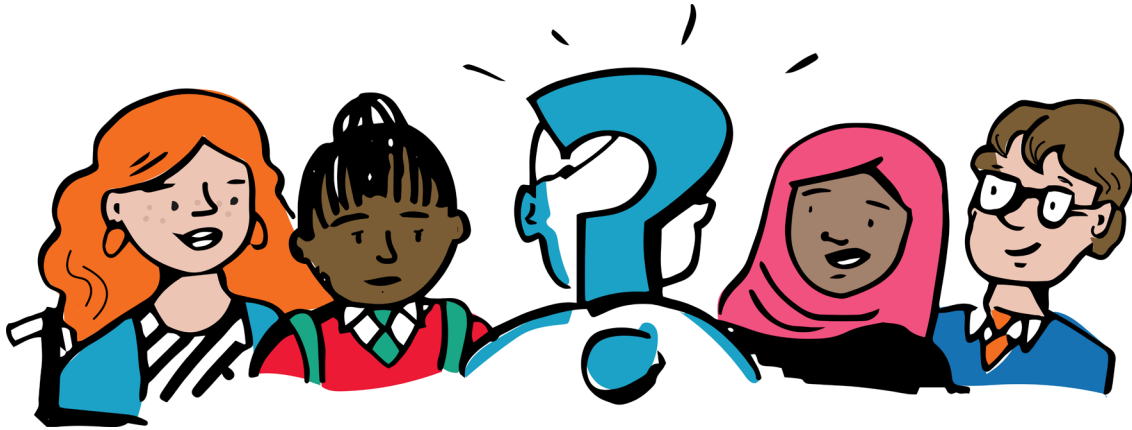


WHO'S MISSING? IS IT YOU?



Are you missing out on social activities, class or opportunities because you're looking after someone in your family or a friend who is ill, disabled, or has a mental health problem or an addiction?

You might be a young or young adult carer and there's support available for you.

Find out more at [Carers.org/young-carer-support](https://www.carers.org/young-carer-support)

Young Carers Action Day

16 March 2022

On Young Carers Action Day we are asking people to see who is missing out because they are a young or young adult carer. We want them to take action and help tackle young and young adult carer isolation.

Find out more:

[Carers.org/YCAD](https://www.carers.org/YCAD)

[#YoungCarersActionDay](https://www.instagram.com/YoungCarersActionDay)

