



**Caring  
Together  
Charity**

No unpaid carer in crisis

# Supporting someone with a health problem? We can help you

Are you aged 18-25 and have a caring responsibility?

We offer a range of support for young adult carers including:

- Expert advice and information from our advice line.
- Breaks from your caring role.
- Information about bursaries and grants available to you or your family.
- Professional homecare for when you need someone to cover for you.

Contact us to find out how we can help you

0345 241 0954

hello@caringtogether.org  
caringtogether.org

