

# YOUNG CARERS ACTION DAY



## 15 MARCH 2023

Young Carers Action Day is about raising public awareness of young and young adult carers, the pressures and challenges they face, and the incredible contribution they make to society.

### Who are young carers?

Every day, thousands of young people across the UK help look after someone in their family or a friend who is ill, frail, disabled, has a mental health problem or an addiction.

Life can be overwhelming for young carers who often struggle to balance their schoolwork with their caring role.



Do you work with young people, some of whom may be young carers? Find out how just a bit of support can make a huge difference to the lives of young carers.

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

#YoungCarersActionDay

