Are you aged 5 to 17?

Does someone in your family (i.e. parent, grandparent, brother or sister) have one or more of the following?

- A Disability
- A Mental Health difficulty
- Addiction to drugs or alcohol
- A long term or serious illness

Do you regularly help to care for them or for other family members because they are unable to care for them?

Do you often worry about them due to them having one of the above conditions?

Do you carry out household chores such as washing, cooking, cleaning, shopping etc?

If you answered yes to any of the above it’s likely you are a young carer.

You can speak to a teacher or professional working with your family and they can refer you or head to www.csmerton.org to find out more.

If you answered no it’s unlikely you are a young carer.

If you feel you need further support you can speak to someone at school or college.

If you or the person you care for are resident in the London Borough of Merton and want to find out more please call 020 8646 7515 and ask to speak to the Young Carers Team.