

Are you under 19 and help  
care for someone who is  
ill, disabled, elderly, or  
misuses drugs or alcohol?

*You are  
not  
alone*



**Our Young Carers Service is there for you!**



*Making Young Carers Count*

Working with:





## **Our Young Carers Service offers free support including:**

- Home visits to find out what's important to you and your family and how we can help.
- Activities to meet other young carers and give you a break from caring.
- The Carers' Passport Discount Card - save money when shopping or out.
- Opportunities to have your say, for example through our Young Carers' Council.



**Contact us by calling 01992 58 69 69**

**Email: [young.carers@carersinherts.org.uk](mailto:young.carers@carersinherts.org.uk)**

**Visit our website [www.ycih.org](http://www.ycih.org)**

**Write to:** Carers in Hertfordshire (Young Carers Service),  
The Red House, 119 Fore Street, Hertford, Herts, SG14 1AX.

Find us at:



@ycherts



@cleveland\_ycherts

There's also information on the free Young Carers in Hertfordshire App available for android devices via Google Play.