



**Young Adult Carers**  
SCARBOROUGH AND RYEDALE CARERS RESOURCE

**Young Adult Carers**  
support for people aged 16-35

**Are you aged 16-35?**

**Do you look after someone?**



Are you the parent of a disabled child?

Do you provide support to a partner or relative who has a mental or physical illness or substance misuse issue?

If so you are a Young Adult Carer and we can help you!

Scarborough & Ryedale  
**Carers Resource**

**We're here to support you!**



# Young Adult Carers

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**Young Adult Carers**  
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## We focus on you and help reduce the stress of caring by:

- Giving information and advice
- Providing emotional support & time to talk
- Guiding you through the 'red tape' of authority
- Helping to maximise your income
- Signposting other appropriate organisations
- Providing information and practical support with training, volunteering & employment
- Giving you an opportunity to meet other carers at events & social outings

Scarborough & Ryedale  
**Carers Resource**



**Call us on: 01723 850155**

**Phone:** 01723 850155

**Email:** [staff@carersresource.net](mailto:staff@carersresource.net)

**Text:** 07527 678172

**Website:** [www.carersresource.net](http://www.carersresource.net)



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### Scarborough & Ryedale Carers Resource

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