



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?

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

Are you the parent of a disabled child?

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

Scarborough & Ryedale
Carers Resource

We're here to support you!



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We focus on you and help reduce the stress of caring by:

- Giving impartial information and advice
- Providing emotional support & time to talk
- Guiding you through the 'red tape' of authority
- Helping to maximise your income
- Signposting to appropriate services
- 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

Website: www.carersresource.net

Scarborough & Ryedale Carers Resource

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