



**Carers
Leeds**

Working together to support carers

carers advice line
0113 380 4300

Are you a carer aged 18-25?



A **young adult carer** is someone who looks after a family member or friend with an illness, disability, mental health condition, or drug/alcohol problem.

We are here to support you.

 /carersleeds  @carersleeds
www.carersleeds.org.uk

Carers Leeds is a registered charity no: 1058706
Limited company registered No: 3242065

What do we do?

This free service supports carers aged 18 - 25, providing a safe and knowledgeable place they can come to for help with all aspects of their caring role.



How do we do it?

We offer one to one support giving you the opportunity to talk about your caring role, consider your own health and discuss any worries or concerns. We can meet with you at Carers Leeds, your home or at a location to suit you.

We also run group sessions, activities and trips to enable young adult carers to have a break and meet other young people who are caring.

How to contact us

Meet: 6 - 8 The Headrow, Leeds LS1 6PT
Call / text: 0113 380 4300 / 07398 173 322
E-mail: info@carersleeds.org.uk
Visit: www.carersleeds.org.uk
Social media: Search “Young Adult Carers Leeds”

Carers Leeds is committed to delivering services to support the culturally diverse communities of Leeds.
Carers Leeds is an LGBTQ friendly service.