



Support Me

Lancashire Young Carers Service

Are you caring for someone with a physical disability, mental health problem and/or a drugs and alcohol problem, and:

- You are affected by your caring responsibilities
- You are not getting along with family or friends
- Feeling down about your situation
- Your health and wellbeing are being affected by your caring role
- You are not getting any spare time of your own
- You are struggling with homework and lack of support in school

We can help, after assessing your needs, by:

- Making sure you and your family have the right support in place
- Helping you make informed choices
- Providing information on friendships and activities in your local area
- Working with your school and training providers to support you to reach your goals
- Offering you one to one support and groupwork
- Working on your feelings and refer you to services we think might be able to help

If you are under 18 years old and any of these issues or similar ones are affecting you or someone you know, call us confidentially on: 01772 641002

Believe in children
 **Barnardo's**