

**Are you under 18 and caring
for a family member or friend?**

Our **Islington & Camden**
young carers service is for you.

childrenssociety.org.uk

This service is for young people under 18 who live in Islington or Camden and have caring responsibilities. We know that lots of young carers take great pride in their responsibilities, but it's important that you get the support you need, too.

We can help you with:

- improving your health and wellbeing
- reducing your caring role
- excessive or inappropriate levels of care
- getting support to access education or employment
- increasing your social opportunities.

Our support is flexible and individual, helping you to build on your existing strengths, skills, and relationships.

It might include one-to-one wellbeing sessions, whole family support, mediating with other services, or helping you to access further support. We work with professionals and others, too, to help them understand how they can better support young carers.

For more information or to get support, call **0207 8414 445** or email **icyc@childrenssociety.org.uk**.

We're based at Whitecross Studios, 50 Banner Street, London EC1Y 8ST.



**Scan the QR code
to find out more.**