

# HANDS UP WHO CARES?



## WE DO!





Are you a **Young Carer**?

Are you working with a  
**Young Carer**?

A Young Carer is a young person under the age of 18 years helping to care for a family member with a physical disability, mental health condition, illness or addiction.

For more information about support available, please contact the Lincolnshire Young Carers Service

**Tel: 01522 553275**

**Email: [youngcarers@lincolnshire.gov.uk](mailto:youngcarers@lincolnshire.gov.uk)**

Our vision is that every young carer in Lincolnshire is recognised, valued, and supported to have good health and wellbeing, and achieve their full potential.