



Do you support someone at home?

Are you 16 - 25?

Are you struggling to fit
in college/Uni/work?

Are you feeling worried/stressed
when leaving home?

Do you have time for friends?

Do you feel
overwhelmed?

Have little support
and feel alone?

Young Adult Carers (YAC)
YOU ARE NOT ALONE!



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Are you 16-25 years old and supporting someone within your family or friends with an illness or disability?

Including mental illness, learning disability or substance misuse?

THEN OUR YACS GROUP
is here to support you

- WhatsApp Support Group
- Meeting New People
- Residential Trips
- Benefits Advice
- Counselling
- Guidance & Support
- Film Nights with Food

Address: Carers Service, Kingsway,
Greenhurst Place, Blackburn, BB2 1SN

**For more information on
how to refer, please contact:**

01254 688440

office@bwdcarers.org.uk



SCAN ME

