# **CARERS TRUST**

## **WHO'S MISSING?**



- Do you have a friend who 'flakes' a lot?
- Is a classmate absent from lessons?
- Have you noticed a student who struggles to take part in after school activities or trips?

They might be a young carer or a young adult carer. They are young people who look after someone in their family or a friend who is ill, disabled, or has a mental health problem or an addiction.

## **Young Carers Action Day**

#### 16 March 2022

On Young Carers Action Day we are asking people to see who might be missing out because they are a young or young adult carer. Get involved and take action to help tackle young and young adult carer isolation.

Find out more and get free resources to help you:

### Carers.org/YCAD

#### #YoungCarersActionDay

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