

# Young Carers Action Day

**CARERS TRUST**

**Wednesday 11 March 2026**

## Help us give young carers a fair future.

Young carers are people under 18 who help look after someone - often a family member - who cannot cope without their help. Does this sound like you? Young carers have so much responsibility on their shoulders. They need more support.

We want to ensure every young carer has the same chance to learn, grow and thrive as their friends who are not carers.

Find out how you can get involved in Young Carers Action Day:

[carers.org/ycad](https://carers.org/ycad)  
[#YoungCarersActionDay](https://twitter.com/YoungCarersActionDay)

