

# YOUNG CARERS ACTION DAY

16 MARCH 2022

## Taking Action on Isolation



Everyday across the UK, thousands of young people help look after someone in their family or a friend, who is ill, disabled, or has a mental health problem or addiction.

Get involved with Carers Trust's Young Carers Action Day.

Help young and young adult carers stay connected, access the services and support they need and reduce their isolation.

Find out more and get free resources to help you at:

[Carers.org/YCAD](https://www.carers.org/YCAD)

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