

Are you supporting a family member or friend with disability, mental illness, age or health issues?

Even if it's just for a few hours every week, you could be a **young carer**.

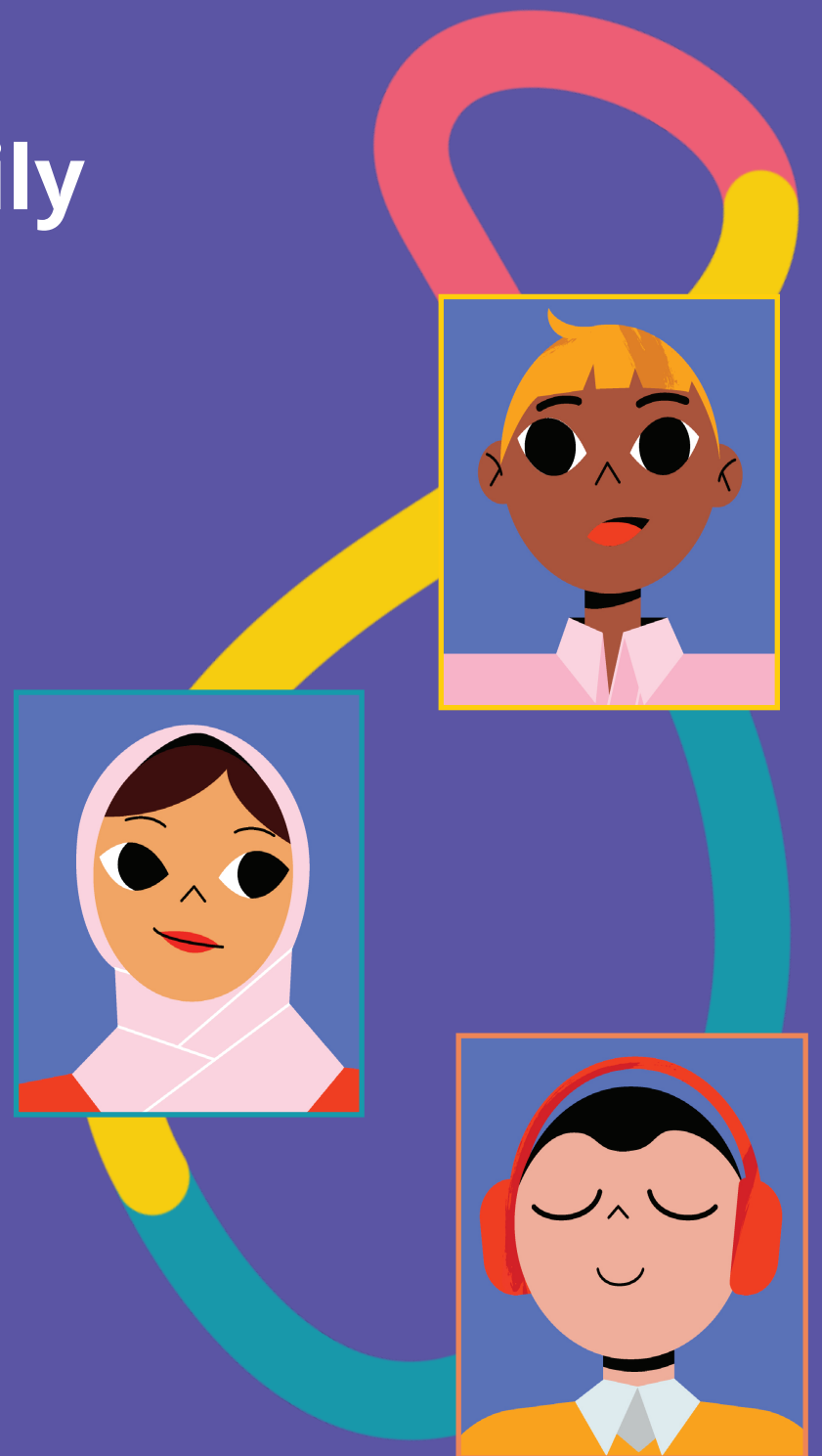
This may look like....

Going with them to appointments or helping with medication

Cleaning the house or helping with other chores

Providing emotional support when someone feels sad

Taking care of younger siblings



Being a young carer might feel lonely. But you're not alone.

Carer Gateway has **free support** for **young carers** aged 25 and under.

Carer Gateway may support you with things like help at home, young carer social events, counselling or study help.



Scan to learn more

Free support, call now!

1800 422 737
carergateway.gov.au

 **Carer Gateway**
An Australian Government Initiative

 **Holstep Health**