

# HANDS UP WHO CARES?

Are you a **Young Carer**?  
Are you working with a **Young Carer**?

A Young Carer is a young person under the age of 18 years helping to care for a family member with a physical disability, mental health condition, illness or addiction.

For more information about support available, please contact the Lincolnshire Young Carers Service

**Tel: 01522 553275**  
**Email: [youngcarers@lincolnshire.gov.uk](mailto:youngcarers@lincolnshire.gov.uk)**

## WE DO!

