



# could this be you?

**Are you a young person who looks after someone?  
As a Young Carer your doctors' surgery can offer you...**

- Flexible appointments
- Staff who understand Young Carers
- Text reminders
- Knowledge and awareness of other types of help and support for young carers
- Having your caring role recorded on your notes

The surgery cannot guarantee that you will see the same doctor but you can ask and they will try their best.

**Please speak to your GP, we are here to help you.**

