



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 can't 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.

