

Are you a young carer?

If you provide unpaid help or support to a relative, friend, neighbour, partner or child because of their physical or mental illness or disability, learning difficulty, old age and frailty or a drug and alcohol problem and you are aged under 18.....


**Then YOU are a
YOUNG CARER**

Contact:
Norfolk Carers Helpline
PO Box 154
Norwich
NR3 4EZ
freephone
0808 141 0332

Monday - Friday
8am - 8pm

nychelpline@crossroads.org.uk

Young Carer?



Worried?
Stressed?
Scared?
Want to talk?
Need help?
Emergency?
Alone?
Being bullied?

You don't have to feel like the world is on your shoulders...
...there is someone you can talk to...

Call

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Your local national charity

Crossroads Care is a national network of local charities employing over 5,000 trained professionals and helping over 35,000 people. We are Britain's leading provider of support for carers and the people they care for.

There are some six million people in Britain who care for others. Many reach a turning point, a crossroads at which they feel they need help with caring, a sympathetic ear or some time to themselves. This is what Crossroads Care does.

Your quality of life

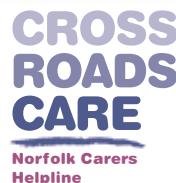
Norfolk Young Carers Helpline offers a service that can listen to your issues about your caring situation, support you emotionally and give information that is relevant to you.

We can refer you on to Young Carers Project Workers, who can help you either on your own or as part of a group.

We cover the whole of Norfolk and can refer you to others if you need other services.

Most of us juggle busy lives, but if you also look after a relative or friend who is ill, frail or disabled, you probably find it extremely difficult to have a full life of your own.

Crossroads Care can help.



Norfolk Carers Helpline is funded by Norfolk Social Services and managed by Crossroads Care Charity no. 282102

Calls may be monitored for training purposes.

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**CROSS
ROADS
CARE
FOR
YOUNG
CARERS**

Norfolk Young Carers Helpline



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