


# DO I LOOK LIKE I CARE?



Young carers have lots of extra responsibilities because they look after a family member with an illness, disability or an addiction.

**Does this describe you or a young person you know?**

If so, please contact us.

 carers'  
resource  

---

Young Carers

[info@carersresource.org](mailto:info@carersresource.org)  
[www.youngcarersresource.org](http://www.youngcarersresource.org)

Carers' Resource is a charitable company limited by guarantee.  
Registered charity No. 1049278. Company registered in England No. 3054273.  
Registered office: 11 North Park Road, Harrogate HG1 5PD.



**Relieve the pressure**



**Breaks & clubs**



**Support at school**



**Careers advice**



**Family support**



**Rights & safeguarding**

## Carers' Resource helps young carers by providing them with:

- After school clubs and trips in the holidays
- One-to-one support at times of crisis
- Website and social media

### Harrogate District:

11 North Park Road  
Harrogate HG1 5PD

Tel: **01423 500555**

### Craven District:

Ronaldsway House  
36 Brook Street  
Skipton BD23 1PP

Tel: **01756 700888**

### Bradford District:

Unit 15 Park View Court  
St Paul's Road  
Shipley BD18 3DZ

Tel: **01274 449660**

