

# Young Carers Action Day

**CARERS  
TRUST**

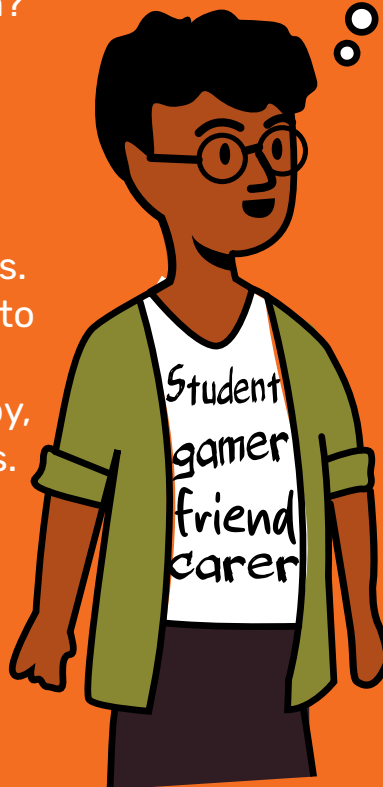
**Wednesday 12 March 2025**

## Give Me A Break

Are you under 25 and looking after a family member because of illness, disability or addiction? Or does this sound like one of your friends?

Young carers and young adult carers have so much responsibility on their shoulders. They need a break from caring to rest and have time for themselves - maybe for a hobby, or just hanging out with friends.

Help **give young carers a break.**



Download our social media assets to get involved:  
[carers.org/ycad](https://carers.org/ycad)  
**#YoungCarersActionDay**

