

# 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 have time for themselves - maybe for a hobby, or just hanging out with friends.

Help us **give young carers a break.**



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

**#YoungCarersActionDay**

