

Caring for those who care for others ...

IT'S GOOD TO TALK

Talking to someone may help

Are you feeling

Upset
Angry
Lonely
Tired



Isolated
Frustrated
"Fed up"

The Young Carers Team are here to help. We can offer you the chance to talk to someone who you can share your thoughts and feelings with and to whom you can tell your problem and concerns.



Would it help to talk to someone who won't judge you, or tell anyone else what you say (unless you, or someone close to you, is at risk of harm). Someone who will listen, offer information and support you through your difficulties.

Please call the team on Freephone 0800 015 7700 or email: help@carersbromley.org.uk

