



Kent
Young
Carers

“Since I joined Kent Young Carers,
I feel that I finally have someone here to
help me, and it feels great!”

Young Carers provide unpaid care or support to a family member with a long-term illness, disability, mental health condition or a substance misuse issue. It can be challenging for a Young Carer to balance their caring role with key transitions and other activities in their lives.

We support Young Carers by promoting positive wellbeing through a variety of interventions, workshops and in-school support, creating opportunities to share experiences with their peers, and have their voices heard.

Through our free training provided to schools, health professionals and groups, we help to identify 'Hidden Young Carers', ensuring they have access to support and know they are not alone.

To find out more or refer a young person, please contact our team on **0300 111 111 0** or email **youngcarers@imago.community**.



Scan to visit our website for more information or make a referral

 Your local charity
**Building Resilience,
Facilitating Change**
Since 1964

www.imago.community

On behalf of



Kent Young Carers is a service of Imago Community. Registered charity number: 1108388