



Young Carers Awareness Day 31st January 2019

Help us raise awareness of young carers

This year Young Carers Awareness Day, run by the [Carers Trust](#) is highlighting the mental health of young carers. You can join in the conversation using [#CareForMeToo](#).

For Young Carers Awareness Day 2019 [Bromley Well](#) has put together the following resources for teachers, health and social care professionals, parents and young carers. Please share and spread the word to help us raise awareness of young carers and their needs both locally and nationally.

Click on the links below for awareness day resources

[Facts about young carers: Who are they? What do they do?](#)

[What you can do to get involved](#)

[Teachers: Plan your classroom activities to help us raise awareness](#)

[Print it display it: #CareForMeToo poster](#)

Find out what support is available for young carers in Bromley

[Bromley Well Young Carers support service info](#)

[Read the latest Bromley Well Young Carers service newsletter](#)

To contact Bromley Well Young Carers service directly you can email us at: youngcarers@bromleywell.org.uk or call us on 0208 466 0790.

Know a young carer who needs support? Contact Bromley Well **0300 330 9039**
or email spa@bromleywell.org.uk www.bromleywell.org.uk

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