

MY FUTURE

WEST SUSSEX
YOUNG
CARERS
FAMILY SERVICE


Carers
Support
West Sussex

A GROUP DEDICATED TO SUPPORTING YOUNG CARERS & YOUNG ADULT CARERS AGED 16-21



My Future is a group for young people who are in a caring role, aged 16-21. The group is a safe place to share and talk about your caring role. Staff and volunteers will be available to chat with you about the impact caring may be having on your life, and can signpost you to further resources or equipment that might support you in your caring role and help the person you are caring for.

If you are 18-21 years old:

- Call 0300 028 8888
- Email info@carerssupport.org.uk
- Visit carerssupport.org.uk

If you are 16-17 years old:

- Call 01903 270300
- Email youngcarers@westsussex.gov.uk
- Visit westsussex.gov.uk/youngcarers

