

# Do you care for someone with a mental health issue?



**If you are aged 8-18 years and you live with someone  
with mental ill health, we can help.**

What we offer:

**1:1 support:** having someone you can trust to talk to

**Peer support activities:** meeting other young carers who have  
similar experiences

**Education:** learning about mental health issues

**Advocacy:** having someone to help you to get your point across

**Individual advice and information**

To find out more about the project, to arrange for Andora to come and tell you more about it or to refer a child or young person please contact the Young Carers' Project:

Kingston Carers' Network

The Noble Centre,  
109a Blagdon Road,  
New Malden,  
KT3 4BD

Diane White:

020 3031 2754

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