



Self-Help Guides: Young Carers

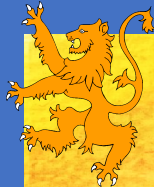


[Click here](#) for a guide on Young Carers on the Young Minds website



[Click here](#) for the Telford Young Carers.

[Click here](#) for the Telford and Wrekin Young Adult Carers. If you are a young carer they are available for support and to chat to



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[Click here](#) to learn your rights if you are a young carer

[Click here](#) to learn how Bernados could help you

