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more



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**bycas**  
you're not alone

  
**carerstrust**  
Barnet Carers Centre  
action · help · advice

**Young Carers**

**2019**

**Awareness Day**

Highlighting young carers  
mental health

Thursday 31st January

#CareFor  
MeToo

#CareFor  
MeToo

#CareFor  
MeToo

#CareFor  
MeToo



If you help care for someone at home and you are looking for support or someone to talk to at school,  
get in touch with:

