

**If you are under 18 years old and look  
after someone who cannot manage  
without your help,  
Then you are a Young Carer!**



You may be looking after someone who is ill, disabled, frail, has a mental health condition, suffers from substance abuse or an addiction!

### **Brent Young Carers**

Is here to help you with free confidential advice, a range of information, support and fun activities.

Call us on: **020 3802 7070**



Registered Charity No: 1066691  
Limited Company No: 3354038

**Brent Carers Centre**  
3rd floor  
Willesden Medical Centre  
144-150 High Road,  
Willesden, London NW10 2PT

**Tel: 020 3802 7070**  
E: [email@brentcarerscentre.org.uk](mailto:email@brentcarerscentre.org.uk)  
Opening Times: Mon to Fri: 9.00am – 5.00pm