



POOLE NORTH
PRIMARY CARE NETWORK

Hey, haven't you heard how your GP Practice can help Young Carers?

Looking after someone else is really hard sometimes



If you are a Young Carer helping look after someone in your family or a friend, you're doing something amazing!

If you tell your GP Practice you're a Young Carer, they can:

- **Offer you appointments to fit around your caring role** – so you don't have to miss out on care you need.
- **Give you a yearly wellbeing check** – a chance to talk about how you're feeling.
- **Connect you with extra support** – you can speak to the Practice's Carers Lead, who can help you find other services & support for young carers.

We understand that being a Young Carer can sometimes feel tough, stressful, or overwhelming. We're here to help both you and the person you care for. If you're not already registered as a Young Carer, you can tell your GP at your next appointment or speak to someone at our Reception

Letting us know you're a young Carer means we can make sure you get the right support -because your health and wellbeing matters too!

