

ALCOHOL?
DRUGS?

"WHEN I SAY –
HERE WE GO AGAIN!
NO ONE GETS IT!"

Quote from young carer

SOUND FAMILIAR?

Help is out there

"IT'S EASIER TO SAY
"I'M FINE"
AND PRETEND IT'S OK"

Quote from young carer


ARE YOU WORRIED ABOUT
HOW MUCH SOMEONE YOU
KNOW OR LIVE WITH IS
DRINKING OR TAKING DRUGS?

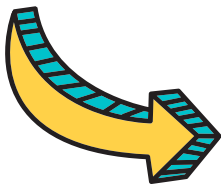
ARE YOU A YOUNG PERSON?

Do you help someone who drinks or takes drugs a lot?

Did you know there is help available?

FOR MORE INFORMATION

www.every-one.org.uk 



DID YOU KNOW...

A YOUNG PERSON THAT CARES FOR A
FRIEND OR FAMILY MEMBER DUE TO
DRUG OR ALCOHOL USE
IS KNOWN AS A "YOUNG CARER"