

**FORCES
CHILDREN
SCOTLAND**



Supporting armed forces
children & young people

**Fife
Young
Carers**



WE ARE
HERE FOR
YOU

ARE YOU FROM AN ARMED FORCES FAMILY?

Do you look after a family member who has an illness or mental health problem, disability or who uses substances?

You may be a young carer!

Do you sometimes feel sad, overwhelmed, or worried about money?

IT'S OK TO
ASK FOR HELP



SCAN ME



SCAN ME

Visit forceschildrenscotland.org.uk
and fifeyoungcarers.co.uk
for more information