

ARE YOU FROM AN ARMED FORCES FAMILY?

Do you help look after a family member who has an illness, 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!

FOR MORE INFORMATION:

ForcesChildrenScotland.org.uk

FifeYoungCarers.org.uk

Fife Young Carers and Forces Children Scotland are here for you!



**FORCES
CHILDREN
SCOTLAND**



**COMMUNITY
FUND**

**Fife
Young
Carers**