

# LET'S TALK ABOUT IT!

The young people who help you



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If you live with an illness, a disability, an addiction or mental health challenges, there may be a young person in your life who helps you each day or supports you during tough times. That person is likely a young caregiver. Recognizing their role is the first step to supporting them.

Pascal Girard - Artist

To learn more about **young caregiving**

