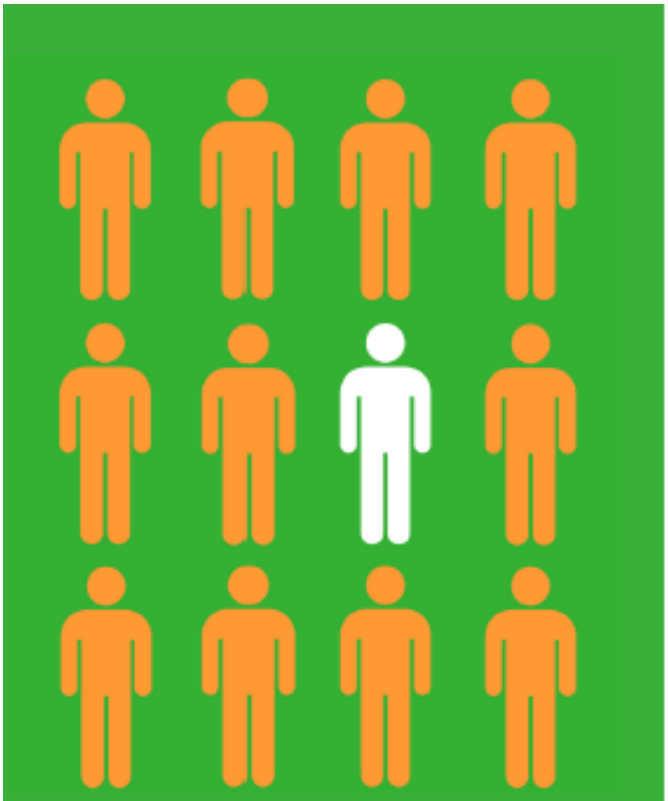

"You might need support to get good marks in exams … to enjoy school and not worry about the people that you care for at home."

A pupil who helps look after someone at home

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As many as one in 12 pupils look after someone at home who is ill, disabled or has a mental health condition or addiction problem.

Some help by:

- Cleaning, cooking, shopping.
- Sorting out medication.
- Looking after brothers or sisters.
- Supporting someone emotionally or physically.

If you help look after someone at home, don't miss out.

Whether you're looking for advice, support or just want someone to talk to, get in touch with:

Mrs Cox or Miss Rowland