



**Norfolk**  
County Council

  
**Carers Matter Norfolk**  
SUPPORTING YOUNG CARERS & FAMILIES

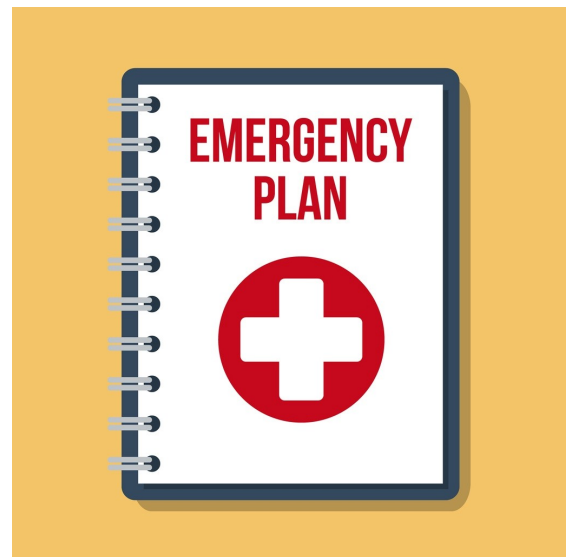
**Is there a young person in your family who is caring for you or another family member?**

**Does your Young Carer know what to do in an emergency?**

**Have you thought about preparing an Emergency Plan?**

Emergency plans can help young carers and their families manage crisis situations by

- ♦ being prepared
- ♦ knowing what to do
- ♦ knowing who to ask for help



Find out more and download a Template Emergency Plan at

[www.youngcarersmatternorfolk.org/emergency-plan/](http://www.youngcarersmatternorfolk.org/emergency-plan/)

Or call the Carers Matter Norfolk Free Advice Line on

**0800 083 1148**