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**A – (be) Active – ?? (???)**

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**L – Let out – ????? (????? ?????? ??????)**

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**M – ?????/????**

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- [Childline](#)
- [Kooth](#)
- [Cus-Ed](#)
- [Mind Mate](#)

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- Samaritans (???????) - ????? ?????? ??????? ??? ????? 116 123 ?????? 24 ???????
- Shout (???) - ????? ??? ?????? ?????????? ??? ?????? ??? ?????? ??????? ??85258 'SHOUT' ???  
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- Papyrus (?????) - ??? ?????? ?????? ?????????? ??? ? 0800 068 4141 (10am -10pm) ????

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 Logo for Asylum Migration and Integration Fund

 Logo for Refugee Integration Yorkshire and Humber

## Contact for WYR

For more information, you can get in touch with us via:  
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[@WelcomingYoungRefugees](#)

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**Source URL:** <https://www.migrationyorkshire.org.uk/refugee-integration-yorkshire-and-humber/our-translated-resources/your-wellbeing-matters>