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C – Connect (????????)

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- ??? ?????? ????, ? ?????????? ?? ?????? ?? ?????????? ?????????? ?????????, ??? ?????????? ??????????????, ?????????????? ?????????? ??? ?????? ?????????? ?????????, ?????????? ?????????????????? ?????? ?? ?????? ??????.
- ?? ?????? ?????? ?????????? ? ?????????????? ?????????? ? ?????? ?????????? ?????????????? ?????????? ? ?????????? ?????????? ?????? ?? ??????????.
- ??? ?????? ?????????? ?????????????? ?????????? ?????????????? ?????????? ?????? ?????????????????, ?????????? ?? ?????? ?????????????? ??????, ?????????, ?????????? ??????, ?????????? ?????? ?? ?????? ???, ??? ??? ?????????????? ??? ?????????? ??? ?????????? ? ??????????????.

A?— (be) Active (???? ?????????????)

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**L?— Let?Out (?????????? ???? ??????, ??????? ???? ???????????
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??— Meditate/mindful (??????????/????????????)

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

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- Samaritans?— ????????? ? ? ?????? 116?123, ????????? ?????????? 24 ???? ? ??????, ????
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- Shout?— ?????????? ?????????? «SHOUT» ? ? ?????? 85258, ??? ? ? ?????????????, ???
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- Papyrus?— ????????? ? ? ?????? 0800?068?4141 (? 10 ???? ? ? 10 ??????), ??? ? ?
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- [Your wellbeing matters \(UASC\) - Albanian.pdf](#)
- [Your wellbeing matters \(UASC\) - Amharic.pdf](#)
- [Your wellbeing matters \(UASC\) - Arabic.pdf](#)
- [Your wellbeing matters \(UASC\) - Farsi.pdf](#)
- [Your wellbeing matters \(UASC\) - French.pdf](#)
- [Your wellbeing matters \(UASC\) - Kurdish Kurmanji.pdf](#)
- [Your wellbeing matters \(UASC\) - Pashto.pdf](#)
- [Your wellbeing matters \(UASC\) - Russian.pdf](#)
- [Your wellbeing matters \(UASC\) - Spanish.pdf](#)
- [Your wellbeing matters \(UASC\) - Tigrinya.pdf](#)

[Your wellbeing matters \(UASC\) - Ukrainian.pdf](#)

[Your wellbeing matters \(UASC\) - Urdu.pdf](#)

[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:

wyr@migrationyorkshire.org.uk

[@WelcomingYoungRefugees](#)

Source URL: [*https://www.migrationyorkshire.org.uk/refugee-integration-yorkshire-and-humber/our-translated-resources/your-wellbeing-matters*](https://www.migrationyorkshire.org.uk/refugee-integration-yorkshire-and-humber/our-translated-resources/your-wellbeing-matters)