



## ??? ??????, ??? ? ? ????????????? ????????

????????? ??? ?????? ?????????? ??? ?????????? ? ??? ?????. ??? ?????????? ??????, ??????? ????????. ??? ?????? ?????? ?????????? ?????? «CALM» ? ?????????? ???, ?????? ? ?????????????? ?????? ??????????????. ? ?????????? ? ?????????????? «CALM» ?????????? ?????????? ?????????????????? ? ?????????????? ??????????.

## C – Connect (????????)

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

## A?— (be) Active (???? ?????????????)

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**L?— Let?Out (?????????? ???? ??????, ??????? ???? ???????????  
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?????????? ????? ??????????????, ??????? ?? ?????? ?? ??????????????. ??????????:

- ??????????;
- ??????;
- ??????;
- ??????;
- ????????????????? ???.

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**??— Meditate/mindful (??????????/????????????)**

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?????????, ?? ?????????? ?????????????? ?????????????? ?????????????, ?????????? ??????????  
????????????????? ? ?????????? ??????????. Childline ?????? ? ?????????????????? ?????????????????  
?????????????, ?????????? ?????????? ??? ? ??????.

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?????????? ??? ?????????????? ? ?????????, ?????? ?????????????????, ??? ???????.

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

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????????????? ?????? ????????????? ? ??????????:

- Samaritans?— ????????? ? ? ?????? 116?123, ????????? ?????????? 24 ???? ? ??????, ????  
??? ?????? ??????????, ?????? ????????????? ? ????????????????? ??????????
- Shout?— ?????????? ?????????? «SHOUT» ? ? ?????? 85258, ??? ? ? ?????????????, ???  
?????? ? ? ?????? ?????????????? ? ? ????????????? ? ?????????? ?????????.
- Papyrus?— ????????? ? ? ?????? 0800?068?4141 (? 10 ???? ? ? 10 ??????), ??? ? ?  
????????? ? ????????????????? ??????????

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- [Your wellbeing matters \(UASC\) - Arabic.pdf](#)
- [Your wellbeing matters \(UASC\) - Farsi.pdf](#)
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- [Your wellbeing matters \(UASC\) - Kurdish Kurmanji.pdf](#)
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[Your wellbeing matters \(UASC\) - Urdu.pdf](#)

[Logo for Asylum Migration and Integration Fund](#)

[Logo for Refugee Integration Yorkshire and Humber](#)

## **Contact for WYR**

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[@WelcomingYoungRefugees](#)

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