

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

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- Samaritans (?? ??? ?????) –?? ????? ?? ? ?????? ??? ?????????? 116 123 ????? 24 ?????
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- Shout (?? ??? ?????)- ????? ??' ? ????? ?????? ??? ????? ?? ????????? ?? ??? ??? ?????? ??
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- Papyrus (?? ??? ?????) – ??? ????? ?? ????? ?????? ?????????? ??? ?????? ?? 0800
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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](#)
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- [Your wellbeing matters \(UASC\) - Tigrinya.pdf](#)
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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](#)

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