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????????? ???? ??????????????. ? ?????????? ? ?????????????? «CALM» ?????????? ??????????
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C?— Connect (?????????)

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

A?— (be) Active (???? ??????????????)

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

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

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

M?— Meditate/Mindful (????????????/?????????????????)

????? ?? ?????????????? ??? ?????????????? ?????????????? ???????, ?????? ?????????? ?????????? ???
?????? ?????????????? ?????????'?? ? ?????????? ?????? ??????.

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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 ??????), ??? ?? ?????????? ?? ?????????????????? ????????

- 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>