

????? ??? ??? ??? ???

??? ??? ??? ???

????? ??? ??? ??? ??? ??? ?????? ??? ?????? ??? ??? ??? ??? ???
????? ??? ?????? ??? ??? ?????? ??? ??? ??? ??? ??? ??? ??? ???
??? ??? ??? ??? ??? ??? ??? ??? ?????? ??? ??? ??? ??? ??? ??? ???

????? ?????? ?? ?? ??? ?????? ??? ??? ??? ??? ??? ??? ???
????? ???
??? ?????? ?????? ??? ??? ??? ???

- ??? ??? ??? ???
- ??? ??? ?????? ??? ??? ??? ??? ??? ???
- ??? ??? ?? ?????? ??? ??? ??? ???
- ?????? ??? ??? ?????? ??? ??? ??? ???
- ?????? ??? ??? ??? ??? ???
- ?????? ??? ??? ?????? ???
- ?????? ??? ??? ??? ???
- ?????? ??? ??? ??? ???
- ?????? ??? ??? ???

??? ?????? ?? ??? ????????????

????? ??? ??? ??? ??? ??? ?????? ?????? ??? ??? ??? ???
????? ??? ?????? ??? ??? ?????? ??? ??? ??? ????? CALM (????) ??? ??? ?? ??
????? ??? ?????? ?????? CALM ??? ?? ?? ??? ??? ??? ??? ???

C – Connect – ???

??? ??? ??? ?? ??? ?????? ??? ??? ?????? ??? ??? ??? ??? ???

- ?????? ?????? ??? ??? ?????? ??? ??? ?????? ??? ??? ?????? ??? ??? ?????? ??? ??? ?????? ??? ???
- ?????? ??? ??? ?????? ??? ??? ?????? ??? ??? ?????? ??? ??? ?????? ??? ??? ?????? ??? ???
- ??? ??? ?????? ??? ??? ?????? ??? ??? ?????? ??? ??? ?????? ??? ??? ?????? ??? ??? ?????? ??? ???
????? ??? ?????????? ??? ??? ?????? ??? ??? ?????? ??? ???

A – (be) Active – ?? (???)

???? ?????? ??? ???? ??? ?????? ??? ?????? ??? ?????? ???
?????? ?????? ?? ???? ?????? ??? ??????? ?? ???? ?????? ??? ?????? ???
?????? ?????? ??? ?????? ??? ?????? ?????? ??? ?????? ??? ?????? ???
????? ?? ??? ?????? ??? ?????? ?????? ?????? ??? ?????? ??? ?????? ??? ??
?????? ?????? ?? ?????? ??? ?????? ?????? ??? ??????

L – Let out – ??? (????? ?????? ????)

????? ???-??? ??? ???? ?????? ??? ?????? ??? ???? ?????? ?????? ???
????????? ??? ??? ??????

- ???
- ????
- ????
- ????
- ??? ????

?? ?? ???...

?? ?????? ??? ???? ?? ?????? ?????? ???-??? ??? ?????? ?????? ?????? ??????

M – ?????/????

????? ??? ?????? ??? ?????? ??? ?????? ?????? ?? ?????? ??? ?????? ??? ?????? ???
????? ?? ?????? ?????? ?????? ??? ?????? ??? ?????? ?????? ??? ???
????? ????? ?????? ??? ??????
????? ?????? ??? ?????? ??? ?????? ??? ?????? ??? ?????? ??? ?????? ??? ?????? ??? ?????? ???
?????

????? ?? ??? ??????

????? ?????? ??? ?????? ?? ?????? ?????? ??? ?????? ?? ?????? ?????? ?????? ??????
?? ?????? ??? ?????? ?? ?????? ?????? ?????? ?????? ?????? ?? ?????? ??? ?????? ??????
??
????? ?? ?????? ??? ?????? ?????? ?????? ???

- Childline
- Kooth
- Cus-Ed
- Mind Mate

???? ??????? ?? ?????? ?????? ?????? ?? ??? ?????? ?????? ?????? ??????

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

[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](https://twitter.com/WelcomingYoungRefugees)

Source URL: <http://migrationyorkshire-beta.leeds.gov.uk/refugee-integration-yorkshire-and-humber/our-translated-resources/your-wellbeing-matters>