

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

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

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

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

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

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

????? ??? ?????? ?????? ??? ?????? ?????????? ???????? ?????? ??? ??????
?????? ??? ???????? ?????? ???????? ?????? ??? ?????? 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](#)

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