

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

??? ?????

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

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

??? ?????????? ????????, ?????? ?????? ???????, ??? ??????, ??? ??, ????????, ??????????

- ?????? ?????? ??? ????????????
- ???? ??? ?????? ?? ?????????????? ????, ?????? ??? ?????? ??????????
- ?????????? ?????????????? ? ?????? ?????? ??? ?????????? ? ??? ??????
- ?????????? ?????? ??? ?????? ?? ?????? ????, ??? ?????????? ??? ?????? ??????????
- ?????????? ???? ?????????? ??? ??????
- ?????? ?????????? ??? ??????
- ?????? ?????????? ??? ??????
- ?????? ?????????? ??? ??????

??? ??????, ??? ?? ?????????? ??????

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

C – Connect (????????)

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

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

A?—(be) Active (???? ??????????)

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

L?—Let?Out (????????? ??? ??????, ??????? ??? ?????? ?????????? ??????????)

?? ??????? ??????? ??????? ??? ??????, ??? ?????? ??? ? ?????? ??????????. ??? ?????????? ???
???????????, ??????? ?? ?????? ?? ???????????. ???????:

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

? ?????? ??????...

?????? ??????????? ??????????, ????? ??? ?????? ??? ??????, ?????????? ??????? ???????, ??????? ?????? ????????

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

????? ?? ??????????? ?? ?????????? ??????????? ??????, ????? ??????? ??????? ??? ????? ??????????

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

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

????? ??????? ?????? ?????? ?????? ? ??????. ?? ?????? ??????? ? ??????? ?????? ??? ??????? ???? ??????? ?

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

??? ?????????? ??????? ? ??????? ?????????? ??????? ?????? ?????????? ??? ? ?????? ??????. ??? ?????? ??????????

?????? ??? ??????? ??????— ??? ?? ?????? ????????. ??? ??? ?????????? ???, ??? ?? ????????

?????????? ?????? ??????-?????????, ??????? ????? ??????, ????? ?? ????????:

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

??? ?? ?????? ??????? ?????????? ?? ??? ?????????????? ???????, ?????? ?????????? ?????????????? ?????? ?????????? ? ????????:

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

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