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[illegible]

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C – Connect (???????)

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- ??? ?????? ???, ? ?????????? ?? ????? ? ? ?????????? ??????. ?????????, ??? ?????????? ?????????????,
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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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??— Meditate/mindful (?????????/? ??????????)

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Childline ?????? ? ?????????????? [????????????????? ??????????????](#), ?????????? ?????????? ??? ? ????

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- 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](#)
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[Your wellbeing matters \(UASC\) - Kurdish Kurmanji.pdf](#)
[Your wellbeing matters \(UASC\) - Pashto.pdf](#)
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[Your wellbeing matters \(UASC\) - Ukrainian.pdf](#)
[Your wellbeing matters \(UASC\) - Urdu.pdf](#)

Logo for Refugee Integration Yorkshire and Humber

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>