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C – Connect (?? ??? ????)

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A – (be) Active (???)

L – Let Out (your emotions by expressing your creativity) (?????? ?????? ????

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M – Meditate/Mindful (????????/????? ?? ????)

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

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- 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*](http://migrationyorkshire-beta.leeds.gov.uk/refugee-integration-yorkshire-and-humber/our-translated-resources/your-wellbeing-matters)