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C – Connect (?? ??? ????)

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- [illegible]

A – (be) Active (??? ??)

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

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

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התאחדות המורים והתאחדות ההוראה
התאחדות ההוראה והתאחדות המורים

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[illegible]

- Childline
- Kooth
- Cus-Ed
- Mind Mate

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

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