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- ??????? ?????? ??? ??????????????
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 - ??????? ??????? ??? ?????? ?????? ??, ?? ??????? ??? ??? ??????????
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C?— Connect (???????)

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

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

A?— (be) Active (???? ????????)

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

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

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

- ???????;

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

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

M?— Meditate/Mindful (?????????/??????????)

???? ?? ?????????? ??? ?????????? ?????????? ??????, ????? ?????? ?????? ?????? ?????? ?????? ?????? ?????'?? ? ??????? ?????? ?????.

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

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

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

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

- Childline
- Kooth
- Cus-Ed
- Mind Mate

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- Samaritans?— ??????????????? ?? ??????? 116?123, ????. ??????????? 24 ??????? ?? ????, ????. ?? ?????????? ???????????, ??? ?????????? ? ?????????? ???????
 - Shout?— ?????????? ???????????? «SHOUT» ?? ????? 85258, ????. ???????????, ?? ??????? ?? ??????? ?????????? ?? ?????? ??????? ?????????? ?? ?????? ??????? ? ?????????????? ? ?????? ???????.
 - Papyrus?— ??????????????? ?? ??????? 0800?068?4141 (? 10 ??????? 10 ??????), ????. ?? ??????????? ?? ?????????????? ???????

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[Your wellbeing matters \(UASC\) - Ukrainian.p](#)

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Logo for Asylum Migration and Integration

Logo for Refugee Integration Yorkshire and Hum

wyr@migrationyorkshire.org.uk

@WelcomingYoungRefugees

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