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

C?— Connect (???????)

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

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

A?— (be) Active (???? ??????????)

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

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

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

- ??????????;

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

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

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

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, ??? ??????????, ?? ?????? ?? ??????
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- Papyrus?— ?????????????? ?? ??????? 0800?068?4141 (? 10 ?????? ?? 10 ??????), ??? ?? ?????????? ??
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[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](#)

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