

??? ??????, ??? ? ? ????????????? ????????

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

C – Connect (????????)

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

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

A?— (be) Active (???? ?????????????)

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

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

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

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

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

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

??— Meditate/mindful (??????????/?????????????)

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

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

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

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[Your wellbeing matters \(UASC\) - Urdu.pdf](#)

[Logo for Asylum Migration and Integration Fund](#)

[Logo for Refugee Integration Yorkshire and Humber](#)

Contact for WYR

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