



### NEED TO TALK?

From relationship problems to health or money worries – our global helpline team can help and speak a variety of languages.



### NEED TO SHARE?

You can talk to other seafarers who have lots in common with you in our confidential WhatsApp Peer-to-Peer Support Groups.



### NEED HELP IN A CRISIS?

Free trauma care and support for seafarers and their families following incidents such as ambush, accident and abandonment through our Crisis Response Network.



### NEED FINANCIAL SUPPORT?

We have welfare grants to help serving and retired seafarers, and their dependents, when they are in great need of financial support.



### NEED A FRIEND?

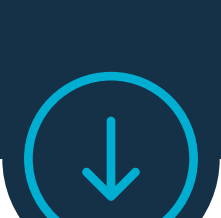
Our chaplains are available for you and your family with one-to-one practical, emotional and spiritual support whenever you need it.

Call or instant chat and ask for a chaplain.



### WANT TO HELP YOURSELF?

Our free Wellness at Sea e-learning puts your wellbeing into your hands. Fun to use and packed with information, this course will help you to really thrive as a seafarer. Available on and offline, you have the flexibility to learn in your own time, in your own way.



## WE'RE HERE WHEN YOU NEED US 24/7

Call +1 938 222 8181

Instant chat [sailors-society.org/helpline](https://sailors-society.org/helpline)

Email [crisis@sailors-society.org](mailto:crisis@sailors-society.org)

Visit [sailors-society.org/sfs](https://sailors-society.org/sfs)

E-learning [sailors-society.org/mywellness](https://sailors-society.org/mywellness)

Peer-to-Peer Support Group [sailors-society.org/p2p-whatsapp](https://sailors-society.org/p2p-whatsapp)

