



Wellness at Sea
FROM SAILORS' SOCIETY



CARING FOR YOUR CREW

HOW WE CAN HELP





Looking after your crew - and your bottom line

Protecting the wellbeing of you crew has never been more important.

The past few years have placed immeasurable stress on the maritime industry and the seafarers who keep world trade moving.

With human error accounting for 80 per cent of all accidents at sea, fatigue, stress and depression on board don't just pose a threat to seafarer mental health, but also to the effective running of a ship and the safety of its whole crew. That crew may be looking after millions of pounds worth of goods for you, as well as your ship itself.

Today, shipping companies are investing in good crew welfare, to show their commitment to their workforce, improve staff retention and help their businesses successfully navigate the fallout of any crisis.

Our pioneering Wellness at Sea programme provides a complete circle of care to help your crews – and your company – to thrive.

"We have partnered with Wellness at Sea since 2015 and we have seen great progress year on year. We've seen our crew motivation go up, we've seen our crew retention go up, to very, very high levels, industry levels and that has had a positive impact on the operational performance of our fleet. And having a hotline or having someone else to talk to about mental wellness is something that our crew has really appreciated."

Torsten Holst Pedersen
Chief Operating Officer, Seaspan

For more than 200 years, international maritime charity Sailors' Society has been transforming the lives of seafarers and their families. We are here 24/7 to offer help and support, whatever the need.



Our award-winning Wellness at Sea programme

Our Wellness at Sea programme gives seafarers the tools to manage issues like loneliness, money worries, stress and relationship breakdown before they turn into a crisis. Using our unique Circle of Care approach, we support their wellbeing across every area of their lives and careers, giving them the best opportunity to enjoy a fulfilling - and productive - career at sea.

This pioneering training and support package is the most comprehensive and long-running in the maritime industry, combining our 200 years of maritime welfare experience with psychological expertise to empower seafarers at all ranks to look after their own and others' wellbeing.

It reflects the specific needs of seafarers and their employers by promoting cultural awareness, emotional intelligence, social skills and spiritual wellbeing alongside more familiar skills, and can be delivered in class, as online seminars or e-learning, bespoke to meet the requirements of each company.

Since its launch in 2015, Wellness at Sea has evolved and expanded, providing wellness training and support to tens of thousands of seafarers.



Wellness at Sea supporting your crew

TRAINING

SEA READY
PRE-DEPARTURE
TRAINING

CADET
CONFERENCES

FACILITATED
TRAINING

E-LEARNING

AWARENESS

CAMPAIGN
RESOURCES

MENTAL
HEALTH
CHECKS

24/7 SUPPORT

DEDICATED
CRISIS
HELPLINE

CRISIS
RESPONSE
NETWORK

VIRTUAL
CHAPLAINCY
SUPPORT

ONGOING SUPPORT

SHIP
CONNECT

PEER-TO-PEER
SUPPORT
GROUPS

Maritime's most comprehensive wellness package

FREE RESOURCES

Combining our 200 years of maritime welfare experience with the psychological expertise to empower seafarers at all ranks to look after their own and others' wellbeing. We also offer a range of wellness resources free to seafarers.

E-learning

Free to use and available on and offline, this fun and interactive platform combats fatigue, poor mental health, stress and other issues that can affect your crew in their daily lives - and all from their phone, laptop or computer. Following completion of all the modules a certificate is sent to the learner.

Campaign Resources

This innovative campaign material builds awareness of mental health and wellbeing for your seafarers, their families and maritime shore staff. It provides support, builds community and can be used alongside your own resources to reinforce and supplement your own activities.

Cadet Conferences

We place a strong focus on cadets. These online conferences introduce our resources to your future seafarers at the very start of their careers and give them a basic toolkit to help identify issues and to ensure they know where to turn for information and support should they need it.

Mental Health Checks

Depression and anxiety are leading causes of mental health issues – and recognising them is the first step to getting better. These simple checklists can help your crew know whether they should seek professional support.

We offer 24/7 welfare support to all seafarers and their families through:

Crisis Response Network

This free service supports seafarers, their families and shipping companies during traumatic incidents such as accidents, piracy and natural disasters. Our multi-national team is based across the globe and is available 24/7. We work alongside you to support them.

Peer-to-Peer Support Groups

These WhatsApp and Telegram groups, facilitated by a trained moderator, are safe spaces where your seafarers can share their day-to-day lives with each other and support each other's wellbeing. We have 80+ groups, from all-crew groups through to female-only, seafarers' families and those dedicated to Ukrainian and Russian seafarers.

Virtual Chaplaincy

This service is fully confidential and available 24/7 to all seafarers and their families. On the end of the phone is someone who can talk to them, often in their first language. Someone who can listen, offer advice, refer to other support services and help them contact family and support them through times of personal crisis.

BESPOKE PACKAGES

Reflecting our 10 years of experience in wellness training, our bespoke packages are tailored to meet your organisation's needs. These paid-for services take seafarer wellness far beyond a training tick-box. Combining class and online training, a dedicated telephone helpline and regular check-ins from our wellness team, this gives your employees the best support available to keep them physically and mentally fit for a long and productive career with your company.

Our packages are also very competitively priced. As a charity, we are able to offer these at below commercial rates.

Sea Ready Pre-Departure Training

Preparing crew to go to sea equipped and ready is critically important. This hour-long training session on wellness and seafarer mental health not only compliments other pre-departure training but alerts all ranks to the importance of good mental health and wellness before they join a vessel.

Facilitated Training

Our unique and flexible training and coaching solutions are available in a variety of global locations and languages and are designed to empower cadets or qualified seafarers to take their wellbeing into their own hands. We also offer training for officers or shore-based management, giving them the confidence to create a positive environment on board their ships.

Ship Connect

Ship Connect sees our team proactively reaching out to your crews on a regular basis. In this unique service, our wellness team makes regular proactive contact with your vessels getting to know your crew and identifying any wellness issues early on.

Dedicated Crisis Helpline

We offer a dedicated helpline for your company. Available in a variety of languages, our helpline is staffed by a trained team who can give seafarers from your fleet someone to turn to for advice or help in a crisis. Where more complex needs are identified, we can make referrals to a specialist counsellor.



97%

Of seafarers attending the Maritime Schools' Conference India said wellbeing should be a mandatory element of maritime training

14%

Fewer seafarers who had taken part in wellness at sea felt sad at work

41%

Fewer seafarers who had taken part in wellness at sea agreed with the statement "I would be embarrassed if a person in my family became mentally ill"

Bespoke package costs

SEA READY PRE-DEPARTURE TRAINING

GBP £

Groups of 20

£7 per participant

Groups of 30+

£4 per participant

- We require a minimum of 20 participants per session.
- Under 20 participants will result in a cost of GBP £140 per session.
- Unlimited sessions can be scheduled according to need.
- The company is billed retrospectively every three months.

FACILITATED TRAINING

Three day course

£800

We recommend groups should be 20 or less. Larger groups can be arranged in agreement with the company.

SHIP CONNECT

Calls to a vessel

£12 per call

The number of calls to a vessel is determined by the company. We recommend a call every two weeks. We suggest that this service be used in conjunction with the dedicated crisis helpline.

DEDICATED CRISIS HELPLINE

The number of vessels in the your fleet

£25 per vessel, per year

The number of employees of in your team

£2 per employee, per year

Costs are calculated either at £25 per vessel or £2 per employee covered. The higher number of the two will be charged.

Partnership opportunities

We offer a range of partnership opportunities in addition to our free and charged services.

As a charity, our vital services are funded entirely by the money we can raise.

As a partner, you would help us fund our programmes, while we offer a range of benefits in return.

PARTNERSHIP BENEFITS INCLUDE:

- Positive association with a widely respected and recognised global charity brand
- Opportunity to profile your support of one of the largest and most comprehensive seafarers' support charities in the world with your clients and prospective clients
- Brand exposure to Sailors' Society's maritime networks and the wider industry
- Contributing towards meeting your organisation's corporate social responsibility (CSR) and environmental, social and governance (ESG) goals
- Creating positive PR opportunities
- Engaging and motivating your employees

"After completing the training session, our seafarers shared they feel able to more effectively take charge of their own wellbeing. Importantly, they also know it will arm them with the skills to identify colleagues that need help and support."

Simon Doughty
Former CEO, Wallem Group Ltd

Our dedicated partnership team will work with you to ensure that your company receives extensive benefits, maximising your company's profile and engagement. This can include:

- Branding and recognition
- Recognition in press releases
- Recognition in social media. Sailors' Society is proud to have excellent engagement and reach on our social media platforms with our followers numbering:

 **19k**  **16k**

 **3.2k**  **4k**

- Branding and recognition on Sailors' Society's website.
- Branding and recognition in Sailors' Society's e-newsletter- reaching more than 6.5K industry, community and seafarer contacts.
- Monitoring and evaluation
- Input into copy for your organisation's own website and communications

To discuss potential opportunities please contact: Beth Courtier, Head of Development.
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For more information on any
of the services in this booklet,
please contact:

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