

### Criteria for Sea Change – Trauma Therapy Grants

One-time grant up to our current limit of GBP500 per case.

Gender-based challenges, including bullying, harassment, discrimination and violence while working as a seafarer in the maritime industry, has a profound impact on individuals and often results in long-term trauma to life. Female seafarers, although not exclusively, are disproportionately vulnerable to this kind of exploitation and harassment. Access to appropriate therapeutic services can make a significant difference to their wellbeing, mental health and career. However, there is often a cost to accessing therapy and counselling services which not all can access at the moment it is needed.

This grant provides financial assistance of up to GBP 500 per applicant to help them access the necessary therapeutic services for addressing their trauma, specifically for those who lack the financial resources to afford these services on their own.

## 1. Eligibility Criteria

### 1.1. Profession

The applicant must be, or have been, a seafarer working in the Merchant Navy who has been a victim of gender-based challenges, including bullying, harassment, discrimination and violence while in employment.

### 1.2. Location and Nationality

Applications are open to individuals from any nationality, religion, or country. Therapy may be conducted in any location as long as the therapy provider meets the necessary accredited standards.

### 1.3. Submission of Application

Interested applicants must complete and submit the Society's official grant application form. Incomplete applications will not be considered.

### 1.4. Evidence

Applicants must provide evidence of their seafarer status, i.e. Discharge book, and summarised details of their need for therapeutic services. They must also provide details of their chosen therapeutic provider and support plan (type of therapy, number of sessions).

## 2. Grant Process

This grant will cover the cost of therapy but may not exceed the specified amount of GBP 500.

**Note:** The grant will only cover direct costs of therapy and counselling. It does not cover administrative, transport, or other incidental costs related to therapy.

### 2.1 Selection of Therapy Provider:

Selection of a qualified trauma therapy or counselling provider, and number of sessions needed, is the sole responsibility of the applicant to identify. Before applying for the grant, the applicant should consult with their chosen provider to determine the type and cost of therapy that is most appropriate for their needs.

### 2.2 Submission of Required Documents:

The following documents must be submitted to initiate the application process:

- Completed grant application form
- Copy of the applicant's discharge book (to confirm seafarer status)
- Full details of the chosen therapy provider, including therapy session costs, invoices/receipts.

### 2.3 Payment Process:

The grant will be paid directly to the applicant for the agreed number of sessions, not exceeding the grant limit, with any unused funds to be refunded to the Society.

### 2.4 Minimizing Contact with the Provider:

The Society will minimize direct interaction with the therapy provider to respect the privacy of both the applicant and the provider. Payments will be processed into the applicant's trust, allowing them to book the sessions at their convenience.

## **2.5 Reimbursement for Unused Funds:**

If the applicant is paid upfront and there are any unused funds remaining, they must be refunded to the Society at the conclusion of the therapy sessions.

## **3. Approval and Disbursement**

### **3.1. Application Review:**

The grant application will be assessed, and a recommendation will go to the awarding committee. Approval will be granted based on eligibility and the completeness of the application process.

### **3.2. Grant Disbursement:**

Once approved, the grant will be disbursed to the applicant directly, in the most appropriate payment method.

### **3.3. Feedback:**

The applicant will be invited to feedback on the impact of our assistance in their access to therapy.

## **4. Grant Administration**

### **4.1. Confidentiality and Privacy:**

All information provided by the applicant will be kept confidential and used solely for the purpose of evaluating the grant application. The Society is committed to respecting the privacy of all applicants and ensuring that sensitive information is handled with the utmost care and in line with our GDPR Policy.

Once an applicant has been successful and awarded, applicants cannot reapply for further funding until two years after the award was made.