

IN 2025 WE HAD
74,000
 UNIQUE INTERACTIONS
 WITH SEAFARERS



2025 HIGHLIGHTS



SEA READY

9,971

Seafarers prepared for a life at sea through hosted Sea Ready pre-departure training

SHIP CONNECT

3,241

Seafarers reached through our Ship Connect service
+283% increase

MYWELLNESS E-LEARNING

6,087

Seafarers signed up to our MyWellness e-learning platform



GROWTH OF OUR PEER-TO-PEER SUPPORT GROUPS

3,248

Members of our Peer-to-Peer Support Groups

+109%

Number of interactions from 7,374 in 2024 to 15,429 in 2025

+46%

Number of groups from 170 in 2024 to 248 in 2025



9,576

Next generation of seafarers reached through Wellness at Sea Conferences and cadet training

1,158

Helpline online chats
 + On average 12 calls to the helpline each week

\$23,060

Worth of education and welfare grants issued

302

Wellness Officers trained as part of our Sea Mate programme

SEAFARER FACING SOCIAL MEDIA



reached in 2025

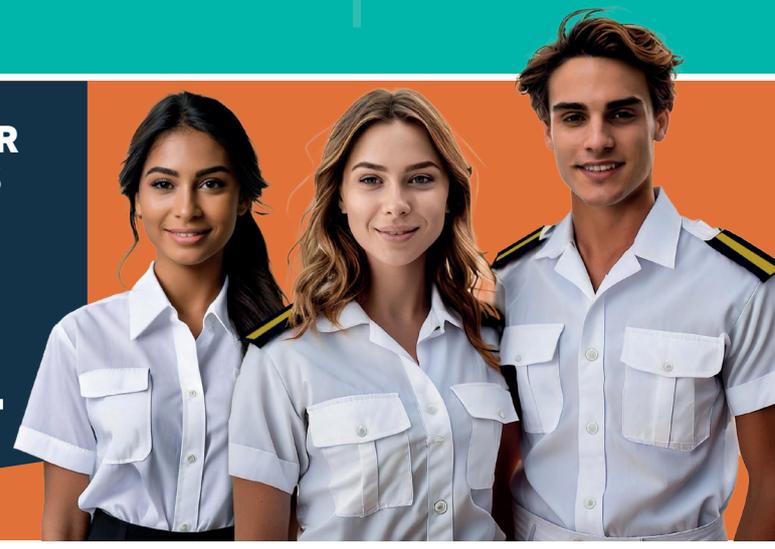
1,302,206

NEWSLETTER RECIPIENTS

Q4 recipients



28,884



OUR SERVICES



HELPLINE AND FEMALE HELPLINE

Completely confidential, this global 24/7 service puts seafarers in touch with one of our trained responders who offer support for as long as it is needed.

CRISIS RESPONSE NETWORK

Free 24/7 care and support for seafarers, their families and shipping companies following critical incidents such as piracy, imprisonment, accidents and natural disasters.

MYWELLNESS E-LEARNING

Free and available on and offline, bringing a wellbeing toolkit to seafarers and their families.

GRANTS

Welfare and education grants to help serving and retired seafarers, and their dependents, when they need extra financial support.

TRAUMA THERAPY GRANTS

Gender or sexuality-based challenges at sea can result in long-term trauma. We can cover counselling costs and grants are available to female and male seafarers.

WELLNESS AT SEA CONFERENCES

Virtual and unique, these regionally-based conferences focus on real issues that will be key to sustaining a career at sea.

WELLNESS AT SEA

Coaching seafarers to manage wellness in five key areas of life – social, emotional, physical, intellectual and spiritual.

FACILITATED TRAINING

Delivered in class or online and aimed at maritime companies and training colleges across the globe.

SHIP CONNECT

Partnering with shipping companies to make regular, proactive contact with their ships to identify issues early on. Trusted and familiar voices that crew feel comfortable highlighting issues to.

SEA MATE

Creating and equipping a new role of wellbeing officers for your fleet. Bringing support well and truly on board.

PEER-TO-PEER SUPPORT GROUPS

Moderated, confidential groups for all seafarers, female or LGBTQ+ crew, family, cadets and more. A constant support system, this is their online community while at sea.

SEA READY

One-hour training sessions to help all seafarers regardless of rank feel more prepared before they join their ship.

SEA COACH

Personalised one-on-one coaching service designed to support seafarers navigating change and advancing their careers.

WELLNESS AT SEA AWARENESS CAMPAIGN

Module-based and free to use, packed with wellbeing support for seafarers, their families and shore staff.

