



**Sailors'**  
Society

**WE'RE HERE WHEN  
YOU NEED US**

**24/7**

**CONFIDENTIAL  
SUPPORT**

# 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.



## KEEP UP-TO-DATE:

Sign up to our emails here

[sailors-society.org/email-sign-up](https://sailors-society.org/email-sign-up)





## **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. The app includes our short standalone Sea Ready course for those new to sea or their ship.

Available on and offline, you have the flexibility to learn in your own time, in your own way.

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**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)**

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