



WELLNESS AT SEA



TAKE YOUR LIFE INTO YOUR OWN HANDS

From relationship tips to mental health advice and information about piracy, Wellness at Sea's e-learning programme empowers you to enjoy a healthy, fulfilling life at sea.

The programme is developed specially to help seafarers stay physically and mentally fit on board.

Visit: www.mywellnessatsea.com/my



Need help?

Email crisis@sailors-society.org visit
www.facebook.com/SailorsSocietyCRN, or go to
www.sailors-society.org/support-for-seafarers

Sailors' Society, Seafarer House, 74 St Annes Road, Southampton, SO19 9FF, UK
Registered Charity in England & Wales No: 237778. Company No: 86942



MAYFAIR
WE CARE

NOT ON MY WATCH

A SAILORS' SOCIETY
CAMPAIGN

GET BY WITH A LITTLE HELP FROM YOUR FRIENDS...



Peer support groups are safe spaces where you can share your day-to-day life and ask for help or advice.

Whether you need support or guidance, or would just like to be in a community with other seafarers, why not join one of our groups?



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