

Boost your wellbeing

Finding support



Try writing

Writing can help you:

- Identify what is affecting your wellbeing
- Clear your thoughts
- Get some perspective



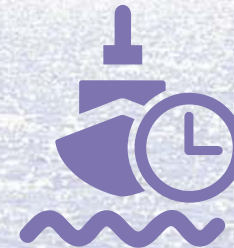
Be kind and compassionate to yourself

Quieten the critical voice
What would you say to someone you love in this situation?



Look at our Good Mental Health Guides for Seafarers

You can find these on the SeafarerHelp website:
Psychological Wellbeing at Sea
Steps to Positive Mental Health



Prepare for your time in port

Find the nearest seafarer centre in our **Seafarer Centre Directory** at seafarerhelp.org or download the Shore Leave app
If you're unable to leave the ship, there may be a ship visitor who can bring you what you need



Contact SeafarerHelp

You can speak to a member of our multilingual team any time of day, all year round
The helpline is free and confidential – visit seafarerhelp.org to find out how to get in touch