

If you or someone you know is finding it difficult to cope at the moment... It's OK.

It's common to feel this way. You are NOT alone. Many people are going through a range of emotions during this time.

The current restrictions may be placing extraordinary pressures on you. You may be worried about your family, feeling isolated or lonely, feeling scared about your health, your finances or facing an uncertain future, which can be very hard.



**PSYCHOLOGICAL
FIRST AID**



Avoiding others, being irritable, anxious, not sleeping well, not eating properly, headaches, nausea, body pains, feeling restless or exhausted, listless or on edge: all these things can be signs of stress.

If you notice these or other signs of stress in yourself, don't be afraid to ask for help.

If you notice these or other signs in a crew mate, you can also help.



When we are finding it hard to cope, we often don't want to burden others with our problems.

Don't be afraid to reach out. Asking for support early can stop things from getting worse.

Ask: Are you OK? You will not make things worse by asking. Be prepared to listen. Just listening and being there is incredibly important. Be kind, empathic and non-judgemental.



Be kind and compassionate to yourself – this is hard.

Connect with people around you and people you can confide in.

You might be able to help your crewmates to:

- Access information
- Tackle practical problems or talk them through to look for solutions
- Access resources, services and other sources of help →

Sources of help:

 **INTERNATIONAL:**



Free, confidential, multilingual helpline for seafarers and their families anywhere in the world
Available 24 hours a day, 365 days a year

TELEPHONE: +44 (0)20 7323 2737

E-MAIL: help@seafarerhelp.org

LIVE CHAT: www.seafarerhelp.org

WHATSAPP: +44 (0)7909 470732

FACEBOOK: facebook.com/seafarerhelp

SMS: +44 (0)7624 818405

SKYPE: [info-seafarerhelp.org](https://skype.com/info-seafarerhelp.org)

VK: vk.com/seafarerhelpclub

VIBER: +44 (0)7741594549*

**Available Monday - Friday, 08:00-18:00 GMT only*

 **INTERNATIONAL:**



**Chat with a
Chaplain:**

An online messenger service providing 24-hour holistic and spiritual support both for seafarers and their families wishing to speak to a port chaplain



 **NUSI MEMBERS:**



NUSI SAHARA:

24/7 free of cost
Psychological Counselling
Helpline telephone service

All ranks of seafarers and their families can call and talk one-to-one or chat to a professional counsellor

For seafarers and their families in India:

Call on 1800-102-5110 (toll free) and talk to a counsellor

For seafarers on board outside India:

Search for 'NUSI Sahara' on Skype (see NUSI logo) to speak to a counsellor

 **AMOSUP MEMBERS:**

Seamen's Hospital Manila:

TeleHealth (with Mental Health Helpline):
+63 2 3310 6641
+63 2 8527 8116 to 20 (local 2061)

AMOSUP Medkonek:
amosup.medkonek@gmail.com

