

# ACCESS TO COMPANY OR OTHER SUPPORT HELPLINES FOR SEAFARERS



Companies which have their own employee support helplines are encouraged to remind their seafarers of how they can access these if necessary over the holiday period.

Additionally, the organisations listed below provide different useful services, including emotional support, and most are available 24 hours a day.

International and regional helplines are available for seafarers wishing to talk to someone wherever they are in the world. Please encourage your seafarers to feel free to contact the helplines below for guidance or support.

<b>SeafarerHelp</b>	24/7 multilingual and confidential helpline for seafarers' and their family - emotional support and practical help <a href="http://www.seafarerhelp.org/">http://www.seafarerhelp.org/</a>
<b>Nautilus 24/7</b>	24/7 multilingual help available to Nautilus members <a href="https://www.nautilusint.org/en/assistance/nautilus-247/">https://www.nautilusint.org/en/assistance/nautilus-247/</a>
<b>NUSI Sahara</b>	24/7 psychological support for Indian seafarers and their family <a href="https://www.nusi.org.in/activities/360-nusi-counselling-helpline-for-seafarers-and-their-families.html">https://www.nusi.org.in/activities/360-nusi-counselling-helpline-for-seafarers-and-their-families.html</a>
<b>AMOSUP</b>	24/7 psychological support for Filipino seafarers and their family +63 2 3310 6641 +63 2 8527 8116 to 20 (local 2061) <a href="http://www.amosup.org.ph">http://www.amosup.org.ph</a>
<b>SAIL</b>	British seafarers – help with benefits, debt and housing <a href="http://sailine.org.uk/">http://sailine.org.uk/</a>
<b>Seafarer Support</b>	Central source of information on maritime charities support for seafarers and their families <a href="https://seafarerssupport.zendesk.com/hc/en-gb">https://seafarerssupport.zendesk.com/hc/en-gb</a>
<b>Seafarer Hospital Society</b>	24/7 online confidential advice and support service for all working and retired seafarers and families for seafarers in the UK <a href="https://seahospital.org.uk/mental-health-and-wellbeing-2/">https://seahospital.org.uk/mental-health-and-wellbeing-2/</a>
<b>Mission to Seafarers Chat to a Chaplain</b>	24/7 MtS & ICMA chaplains available to talk <a href="https://www.missiontoseafarers.org/news/the-mission-launches-a-digital-chaplaincy-support-service-for-seafarers">https://www.missiontoseafarers.org/news/the-mission-launches-a-digital-chaplaincy-support-service-for-seafarers</a>
<b>Sailors Society Wellness at Sea</b>	Emergency COVID-19 helpline <a href="https://wellnessatsea.org/helpline/">https://wellnessatsea.org/helpline/</a>
<b>Sailors Society India</b>	Helpline for Indian seafarers and their families <a href="https://www.sailors-society.org/news/sailors-society-launches-dedicated-24-hour-helpline-for-indian-seafarers#:~:text=Anyone%20in%20need%20of%20assistance,the%20helpline%20are%20strictly%20confidential.">https://www.sailors-society.org/news/sailors-society-launches-dedicated-24-hour-helpline-for-indian-seafarers#:~:text=Anyone%20in%20need%20of%20assistance,the%20helpline%20are%20strictly%20confidential.</a>
<b>DSM.care</b>	24/7 online service to chat with a DSM chaplain <a href="https://dsm.care/">https://dsm.care/</a>
<b>Danish Seaman's Church</b>	Chaplains available for a chat <a href="https://samtalertilsoes.dk/page/7/samtaler-til-s%C3%B8s">https://samtalertilsoes.dk/page/7/samtaler-til-s%C3%B8s</a>
<b>Stella Maris</b>	To call Catholic chaplains worldwide for a chat <a href="https://www.stellamaris.org.uk/contact-us/chaplains-list/">https://www.stellamaris.org.uk/contact-us/chaplains-list/</a>

# #seafarersdeliveringchristmas

Together we can make Christmas 2020 and other seasonal festivities special!