

# JOIN A WELLNESS AT SEA PEER SUPPORT GROUP

**Peer Support Groups are safe spaces where members can swap stories, ask for assistance or advice, and chat about their day-to-day lives and experiences. Through regular contact we hope to build relationships, provide a social support network and promote access to welfare services.**



## What is the aim of Wellness at Sea Peer Support Groups?

- To provide a platform where seafarers can support one another
- To build caring seafarer communities through social support networks
- To establish trust relationships between seafarers and group moderators who can assist them on a day-to-day basis
- To enhance access to welfare services by putting seafarers in touch with role players
- To flag possible signs and symptoms of mental health issues and refer any these to our crisis response team
- To give seafarers the peace of mind that expert assistance is just a WhatsApp or Telegram message away

## How do these groups work?

- Groups are WhatsApp or Telegram based
- Each group consists of no more than 20 seafarers and a moderator
- Members are asked to comply with a set of group rules, including confidentiality

## The moderator will:

- Check the groups daily
- Post wellness-related subject matter twice per week
- Ask prompting questions
- Partake in general conversation
- Provide support and be available for individual chats outside the group
- Refer red flags to our Crisis Response Network or chaplains

## HOW DO I JOIN A GROUP?

- Open WhatsApp or Telegram
- Add the Peer Support Group contact: **+27 61 890 5062**
- Send a message saying either '**SEAFARER**', '**FAMILY**' or '**SHORE STAFF**' and your name and surname
- Wait for the moderator to add you to a group

