

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

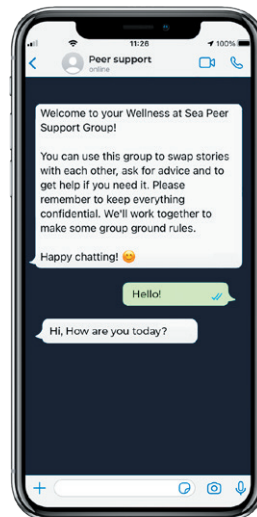


Our **Wellness at Sea Peer Support Groups** provide a safe space where members can swap stories, ask for assistance or advice, and get access to welfare services.



HOW DO I JOIN A GROUP?

- Open WhatsApp or Telegram on your phone
- Add the Peer Support Group contact:
+27 61 890 5062
- Send a message saying either '**SEAFARER**', '**FAMILY**' or '**SHORE STAFF**' and your first name and surname
- Wait for the moderator to add you to a group (each group has up to 20 members and a moderator)



WELCOME TO YOUR PEER SUPPORT GROUP!

Need help?

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

