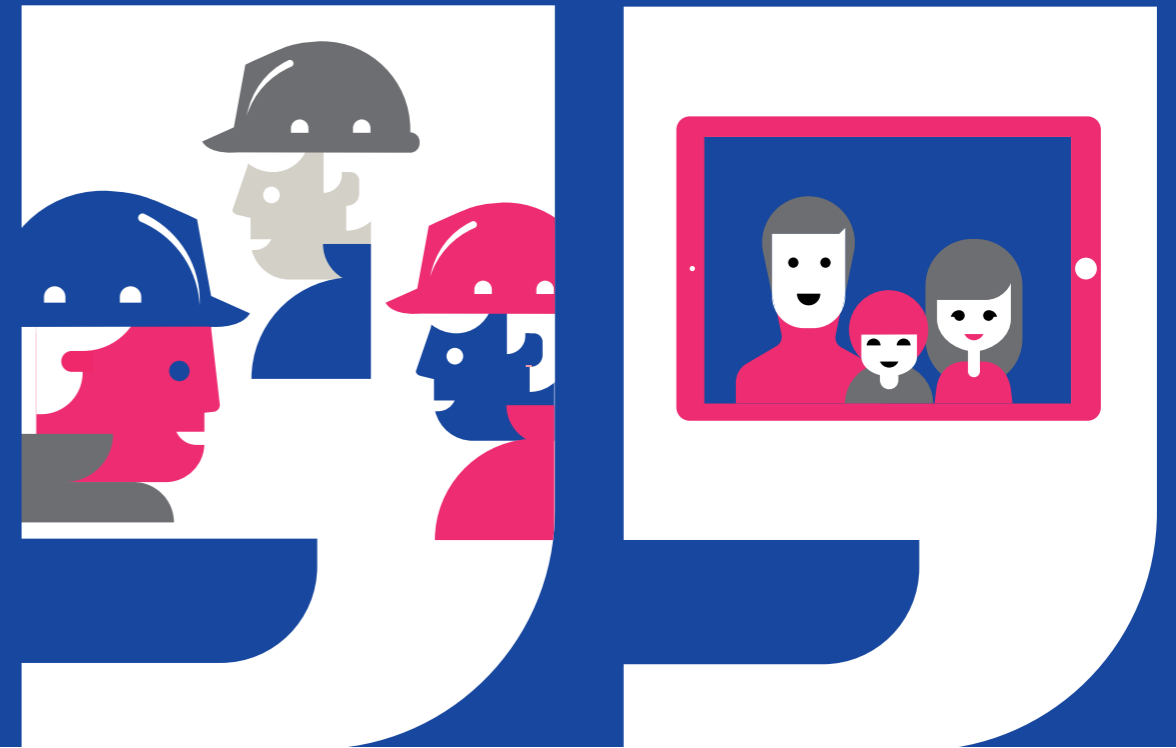


Support onboard  
**Only one call away**

Support onboard  
**Connect with people**



**SeafarerHelp:** +44 207 323 2737  
**Mission to Seafarers:** crewhelp@mtsmail.org  
**Sailors' Society:** crisis@sailors-society.org



**When you need support,** you can call a formal organisation or speak to the mental champion onboard.



**When you miss your family,** you can either call home or chat with your fellow seafarers onboard.

