

# Chat with a Chaplain



An online messenger service is available 24 hours a day which provides holistic and spiritual support for both seafarers and their families

who wish to speak to a port chaplain. Scan the QR code above to get started.

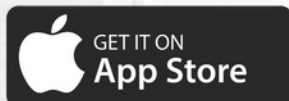
# ISWAN for Seafarers



Seafarers can now download a free mobile app which can be used offline to access help, information and support around the clock.

Whether you have a problem on board, a request for general information or simply need to talk to someone after a tough day, you can do so at the touch of a button via the app.

ISWAN for Seafarers is available to download for free to mobile phones from Google Play (for Android devices) and the App Store (for iOS devices).



# Important numbers

Whether you have a problem or question, or need someone to talk to, you can contact the numbers below.



info@mind.org.uk  
www.mind.org.uk  
+44 (0)300 123 3393



Yacht Crew Help

help@yachtcrewhelp.org  
www.yachtcrewhelp.org  
+44 (0)203 713 7273



iswan@iswan.org.uk  
www.seafarerswelfare.org  
+44 (0)300 012 4279



enquiries@nautilusint.org  
www.nautilusint.org  
+44 (0)208 989 6677



firstcontact@thecrewmess.org  
www.thecrewmess.org  
+44 (0)207 101 3742



info@saferwaves.org  
www.saferwaves.org

You can always contact UKSA for support too.

+44 (0)1983 294941  
reception@uksa.org

 uksa.org

Registered Charity Number: 299248



Sea. Change.

# Keeping well afloat

Your guide to healthy living within the maritime industry

uksa.org

# Connect



Connect with the people around you. With family friends and colleagues. Building these connections will support & enrich you everyday.

## 1 – Nurture

What ways can you nurture your relationships with people who are important to you?

## 2 – Absence

How can you be part of family relationships, even when you're not there?

## 3 – Give

What does your family need from you when you are at home and when you are away?

## 4 – Needs

What do you need from them when you are at home and when you are away?

### Top tip

#### Keep learning

Research tells us that learning new skills can boost your mental wellbeing, self confidence and raise self esteem.

# Be active



Being active has been shown to have many health benefits, both physically and mentally.

There are many types of physical activity, including swimming, yoga, jogging, walking and dancing, to name a few.

We understand that some of these can be tricky on board, so write down 5 different ways you can be active below.

1

2

3

4

5

# Diet



It's important you pay attention to your diet on board. Here are some suggestions below.

- Drink lots of safe drinking water
- Reduce fats, sugar and salt
- Fruit, lean meats, fish & veg are great!
- Remember you don't have to drink alcohol but if you do, know your limits

Part of keeping well is to get plenty of sleep & rest.

# Give



Do something nice for someone else. Try social events, quiz nights and more. Below are just a few ideas.

### Quiz nights

Quiz nights are always a winner that brings everyone together.

### Movie nights

Discuss movies that are so-bad-they're-good and various other mishmash with fun movie nights!

### Study groups

Meet up with your friends and colleagues to discuss shared fields of study.

### Share cultural celebrations

Discuss and share traditional cultural events and festivals from around the world.