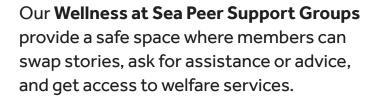


## GET BY WITH A LITTLE HELF FROM YOUR FRIENDS...



## **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** 







