



INTRODUCTION TO THE WELLNESS AT SEA CAMPAIGN

Dear Seafarer,

How are you? Who are you? Why are you? Exploring the answers to these questions can have a big impact on your health and wellbeing.

You are unique - there is truly no one else like you – and you are way more than just a seafarer. You wear many hats. You are part of a family; a son or a daughter, perhaps a parent, a spouse, a partner; you are a member of a community, a culture, perhaps a sports team, and much more. All of these aspects influence how you are, who you are and why you are. And in turn, these influence you as a seafarer.

At international maritime charity Sailors' Society, we've spent years helping seafarers and their families to enjoy better wellbeing. Now, your company has signed up to our Wellness at Sea Awareness Campaign and invited us to help you too.

We'd like to invite you to join us on a journey exploring wellbeing. Over the next few months, we'll be working with your company to share mental health and wellness information, advice and support with you, your colleagues and families. Lots of companies will also be running the campaign with their staff at the same time, so there will be a real sense of community.



Sailors' Society's Wellness at Sea Awareness Campaign is all about you - you are extremely valuable! Not only do you play a vital part in world trade, but you are important to your family, your community and your company.

Through the campaign we hope to:

- **empower you** by explaining basic principles of wellbeing, exploring some of the most common challenges seafarers face and giving you the tools to navigate these in a positive way.
- **support you**, because we know that life at sea can get tough, and having someone to turn to for support can make all the difference. There is a wealth of resources out there that you can turn to in difficult times – for example Sailors' Society's helplines and chaplaincy service, which offer free support and advice to seafarers.
- **support and build your community**, because no seafarer is an island. You are connected to other people who influence you in your work and personal life. You depend on them and they depend on you. For us, supporting and investing in your family and the shore staff taking care of you is important, because we are confident that it can give you peace of mind while being at sea.

THE PRACTICALITIES:

What can I expect?

The campaign runs over 27 weeks, with nine cycles lasting three weeks each. We'll be talking about a new topic in every cycle, sharing podcasts, videos, posters and other materials. Your company will possibly also provide you with information on wellbeing initiatives and resources that they have in place. Importantly, you'll be able to reach out to our support teams to have a chat at any time, whether to discuss serious issues or if you simply want a listening ear.

How do I contact Sailors' Society's helpline?

You can reach the helpline by calling +1-938-222-8181 or if you'd prefer to write, you can instant message via wellnessatsea.org/helpline

What is expected of me?

Every cycle will ask you to take on a practical action. Remember that this journey will only be as valuable and exciting as you allow it to be. It will only be as rich an experience as the work you put into it. This campaign provides you with ample resources to improve your wellbeing, but ultimately, you are the master of your own ship - responsible for your own wellbeing.

What is the action for weeks 1 - 3?

Become part of the conversation – connect with Sailors' Society on social media. You can find us on the following platforms:

- Twitter: @SailorsSociety
- Facebook: @SailorsSociety
- LinkedIn: @sailors-society
- Instagram: @sailors_society

I hope that this campaign will be a positive experience for you and that it will contribute to a better understanding of yourself and the maritime world. I hope that it will have some impact on your day-to-day journey – even if it's small, but even better if it is profound.

Kind regards,



Johan Smith
Wellness at Sea programme manager
Sailors' Society

