

UKRAINE CRISIS

SUPPORT HELPLINES FOR SEAFARERS AND THEIR FAMILIES



Companies that have their own employee support helplines are encouraged to remind their seafarers of how they can access them.

Additionally, the organisations listed below provide different useful services, including emotional support, and most are available 24 hours a day.

International and regional helplines are available for seafarers wishing to talk to someone wherever they are in the world.

Please encourage your seafarers to utilise the helplines below for guidance or support.

SeafarerHelp	24/7 multilingual and confidential helpline for seafarers' and their families. Emotional support and practical help. www.seafarerhelp.org/en/help/ukraine-crisis
Nautilus 24/7	24/7 multilingual help available to Nautilus members www.nautilusint.org/en/assistance/nautilus247
NUSI Sahara	24/7 psychological support for Indian seafarers and their families www.nusi.org.in/activities/360-nusi-counselling-helpline-for-seafarers-and-their-families.html
AMOSUP	24/7 psychological support for Filipino seafarers and their families +63 2 3310 6641 +63 2 8527 8116 to 20 (local 2061) www.amosup.org.ph
SAIL	British seafarers – help with benefits, debt and housing www.sailine.org.uk
Seafarer Support	Central source of information on maritime charities support for seafarers and their families seafarersupport.zendesk.com/hc/en-gb
Seafarer Hospital Society	24/7 online confidential advice and support services for all working and retired seafarers and families in the UK seahospital.org.uk/help-for-you/mental-health-and-wellbeing/
Mission to Seafarers Chat to a Chaplain	24/7 Mission to Seafarers and ICMA chaplains available to talk www.missiontoseafarers.org/contact-a-chaplain
Sailors Society Wellness at Sea	24/7 emergency helpline for seafarers and their families www.sailors-society.org/helpline +1 938 222 8181
DSM.care	24/7 online service to chat with a DSM chaplain www.dsm.care
Danish Seaman's Church	Chaplains available for a chat www.samtalertilsoes.dk/
Stella Maris	Catholic chaplains available worldwide for a chat www.stellamaris.org.uk/contact-us/chaplains-list



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