

Far apart. Still the same team.

SeafarerHelp: +44 20 7323 2737, free, 24 hours

If they talk about ending their life, take it seriously. Stay with them and get help now.

Read the free guide

seafarershealth.org/families/

Free to print and share. General information, not medical advice.
Photo: "Day of the Seafarer 2013", IMO, CC BY 2.0, cropped.