SEAFARERS HEALTH

MENTAL HEALTH | NO. 07

HEALTH

ASK.

Ask your shipmate how they really are.

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

If someone talks about suicide, do not leave them alone. Tell the master or a senior officer now.

Read the free guide

seafarershealth.org/mental-health/

Free to print and share. General information, not medical advice.