

IT'S OKAY TO SAY I DON'T FEEL OKAY

LISTEN. WATCH. ASK. CONNECT.

Care for yourself, watch out for others.

RECOGNISE THE SIGNS

- Feeling overwhelmed, anxious or depressed
- Changes in sleep or appetite
- Difficulty concentrating
- Withdrawing from crew or family

MANAGE YOUR STRESS

- Move your body - even 10 minutes helps
- Eat well and stay hydrated
- Rest properly - your rest hours exist for a reason
- Talk to someone you trust

YOU ARE NOT ALONE

Help is closer than you think

The Mission to Seafarers Singapore +65 6737 2880

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Sailors' Society Helpline +1 938 222 8181

All helpline calls are free and confidential



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