

# Boost your wellbeing

## Finding support



### Try writing

Writing can help you:

- Identify what is affecting your wellbeing
- Clear your thoughts
- Get some perspective



### Be kind and compassionate to yourself

Quieten the critical voice  
What would you say to someone you love in this situation?

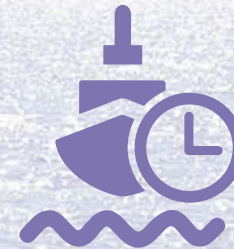


### Look at our Good Mental Health Guides for Seafarers

You can find these on the SeafarerHelp website:

**Psychological Wellbeing at Sea**

**Steps to Positive Mental Health**



### Prepare for your time in port

Find the nearest seafarer centre in our **Seafarer Centre Directory** at [seafarerhelp.org](https://seafarerhelp.org) or download the Shore Leave app

If you're unable to leave the ship, there may be a ship visitor who can bring you what you need



### Contact SeafarerHelp

You can speak to a member of our multilingual team any time of day, all year round

The helpline is free and confidential – visit [seafarerhelp.org](https://seafarerhelp.org) to find out how to get in touch

