



Wellbeing programmes from
The Mission to Seafarers

Onboard **Mental Health** Champions

WeCare

The Mission to Seafarers is a maritime charity providing welfare support to seafarers across the globe. Our Chaplains operate in 200+ ports across six continents, providing social, economic, and spiritual support to seafarers regardless of their faith, nationality, or gender.

We understand the hardships you face at sea. Balancing life onboard with commitments back home is challenging.

That's why we've created WeCare, a wellbeing programme offering free courses on mental health awareness. We recognise the issues that trigger poor mental health and have identified tools to combat them. Our two courses cover:

Financial Wellbeing – Identifying the links between mental health and money. It's about taking control of finances and having the freedom to make choices that allow us to enjoy life! We outline coping methods and set out budgeting, savings, and investment techniques.

Social Wellbeing – Identifying the links between mental health, relationships and communication on social media. It's about creating a healthy lifestyle, balancing physical life onboard with virtual life back home. We set out communication plans and coping methods.

This brochure presents some top tips to help you, and your crew become Onboard Mental Health Champions.

The information contained in this leaflet and the courses described is designed for information purposes only. It is not intended to amount to medical, legal, or financial advice and should not be relied on or treated as a substitute for specific advice relevant to your circumstances. Nor should it be relied upon by you in making (or refraining from making) any specific decisions. If you have specific questions about your mental health or finances, you should consult a suitably qualified healthcare professional or financial adviser.

What is Financial Wellbeing?

It's having a sense of security and feeling as though you have enough money to meet your needs. It's about being in control of your day-to-day finances and having the financial freedom to make choices that allow you to enjoy life.

Sometimes we face financial difficulties that make us feel...

Calming

Breathe 4,7,8 Repeat

Focus on your breathing. Slowly inhale for 4 seconds, hold for 7, and exhale for 8. Repeat 4 times. Think about the cool air entering your nostrils and the sensation of your chest rising and falling.

The 5,4,3,2,1 technique

Think of 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

Round Off

Slowly say the alphabet or count to 100 out loud.





Think like a STAR

Stop:

Take a moment to pause, collect your thoughts and try a 'calming' coping method.

Think:

Consider what you are worried about. Try a 'regain control' coping method.

Apply:

Use your coping methods, consider sharing them with a loved one or a trusted crew member.

Reach out:

Contact The Mission to Seafarers, we're here to listen and support.

What is Social Wellbeing?

It means feeling comfortable, healthy or happy within your social networks. It's about being in control of how you choose to socialise and being confident in maintaining your expectations and boundaries.

Sometimes we face communication difficulties that make us feel...

Regain Control



Task Challenge

Do a task where you feel in control and receive a sense of achievement. This could be ticking off a To Do list, completing a word search or solving a math puzzle.



Mood Diary

Write four columns headed 'Day', 'Feel Up', 'Feel Down', 'I pledge'. At the end of the day write what made you feel good, what made you feel upset, and a pledge on how you will take back control.



Write a Letter

Put your feelings on paper, read it to yourself. If you feel confident share it with your loved ones.

Reach Out

If you would like to talk about your wellbeing, or are concerned about a crew member, The Mission to Seafarers is here for you.

Internationally:

Online: Chat to a Chaplain – 24/7 support service.



— CHAT TO A CHAPLAIN

Email: Crewhelp@mtsmail.org

Telephone: +44(0)20 7248 5202

Visit: We operate 121 Flying Angel centres around the world and visit 70,000 ships a year. Visit **www.missiontoseafarers.org/our-ports** to find your nearest centre.

Share your feelings: **happyatsea.org**



— HAPPY AT SEA

In the Philippines:

Our team in the Philippines operate a walk-in welfare service offering legal, medical and spiritual support through a professional referral network. We coordinate a national family support network offering community services which bring seafarers, their families, and the community together.

Online: www.facebook.com/mtsphfn

Email: infomanila@mtsmail.org

Telephone: +63 22405982 **Visit:** Upper Ground Crystal IEAC Building 1381 San Marcelino Street Ermita Manila Philippines 1000.

WeCare Enrolment:

Classroom and online courses are available. Request your crewing manager to contact us.



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The Mission to Seafarers

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