



WELLNESS AT SEA



TAKE YOUR LIFE INTO YOUR OWN HANDS

From relationship tips to mental health advice and information about piracy, Wellness at Sea's e-learning programme empowers you to enjoy a healthy, fulfilling life at sea.

The programme is developed specially to help seafarers stay physically and mentally fit on board.

Visit: www.mywellnessatsea.com/my



Need help?

Email crisis@sailors-society.org visit
www.facebook.com/SailorsSocietyCRN, or go to
www.sailors-society.org/support-for-seafarers

