

Need to talk?

We are here to listen – about anything, anytime.

We provide emotional, wellbeing and practical support to seafarers and their families.

- Free
- Confidential
- Support available in over 12 languages
- Available 24 hours a day, 365 days per year



Call us:

+44 (0)207 323 2737



Live chat:

iswan.org.uk/seafarerhelp



Email us:

help@seafarerhelp.org



WhatsApp:

+44 (0)7909 470 732



Visit:

iswan.org.uk/seafarerhelp

for resources and guidance on common issues for seafarers









