



**SeafarerHelp** is the free, confidential, multilingual helpline for seafarers and their families available 24 hours a day, 365 days per year. SeafarerHelp is provided by the **International Seafarers' Welfare and Assistance Network** (ISWAN), an organisation that works to promote the welfare of seafarers and their families.

Regardless of nationality, religion, gender or sexuality, etc, SeafarerHelp is a resource for all seafarers, anywhere in the world. Talking is easy because they speak a wide range of languages and can be contacted through various platforms.



**SeafarerHelp**  
*The lifeline for seafarers*

**Free, confidential and available 24/7**

**help@seafarerhelp.org**   
**www.seafarerhelp.org**   
**+44 (0)20 7323 2737**   
**+44 (0)7624 818405**   
**info-seafarerhelp.org**   
**facebook.com/seafarerhelp**   
**vk.com/seafarerhelpclub**   
**+44 (0)7909 470732**   
*(WhatsApp available Monday - Friday, 08:00-18:00 GMT only)*

PHONE [+44 20 7323 2737](tel:+442073232737) EMAIL [help@seafarerhelp.org](mailto:help@seafarerhelp.org)

Whether it is a problem on board, family concerns, a health issue, or a request for general information, **SeafarerHelp** is here for you and will keep all conversations confidential. *Women Offshore* encourages you to reach out to SeafarerHelp if you are feeling concerned about something or if you just want to talk.

*It is important to note that some personal information may be required when speaking with a SeafarerHelp representative (eg name, nationality, ship IMO number). According to SeafarerHelp policy, any information given will not be shared with anyone without permission.*

*SeafarerHelp is accredited with the **Helplines Standard** for best practice in helpline work.*