

Resources for Seafarers

Confidential Human Factors Incident Reporting Programme (CHIRP) (<https://chirp.co.uk/>) - CHIRP is an independent and impartial charity dedicated to improving safety in the air and at sea.. Report human-factor safety incidents confidentially via their app, website or email. [Report human-factor safety incidents via their app, website or email.](#)

Merchant Navy Welfare Board (<https://www.mnwb.org/>) - The work of MNWB is to help improve the effectiveness of all those charities caring for merchant seafarers, fishermen and their dependants. This [safeguarding course](#) might be of interest.

Mission to Seafarers (<https://www.missiontoseafarers.org/>) - Provides help and support to the 1.89 million crewmen and women who face danger every day to keep our global economy afloat. [See this page for info.](#)

Safer Waves (<https://saferwaves.org/support/>) - Supports Seafarers on merchant ships who have experienced sexual abuse or gender discrimination. An initial email results in support back within 3 days.

Sailors Society (<https://www.sailors-society.org/>) - Any seafarer in desperate trouble or just needing to talk to someone can call or message. Available 24/7 to support those who keep the world trade moving, despite huge personal sacrifices. [E-learning here](#).

Seafarers Hospital Society (<https://seahospital.org.uk/>) - A maritime charity dedicated to meeting the health, welfare and advice needs of seafarers of any nationality based in the United Kingdom. Thanks to funding from the Seafarers Hospital Society, free support is now available to all working and retired Merchant Navy seafarers and fishermen of any nationality who are based in the UK, and their families.

The International Seafarers' Welfare and Assistance Network (ISWAN) (<https://www.iswan.org.uk/>) - Improves the lives of seafarers and their families with services, resources, strategies and advocacy. Offering 24/7 support to seafarers and their families. See [this link](#) for a maritime-specific mental health training course.

General resources

Campaign to End Loneliness

(<https://www.campaigntoendloneliness.org>) – Here is a fantastic general contacts resource for those in need of some mental health support. There are also sections specifically for young and old.

Mental Health Foundation (<https://www.mentalhealth.org.uk/>) -

Researching, developing and advocating for new and more effective ways to support and protect good mental health. Useful information about ways to get help as well as things you can do yourself, such as mindfulness.

Mentell (<https://www.mentell.org.uk/>) - Mentell is a UK charity that provides men's groups for males aged 18+ to talk in a safe and confidential space, free from advice and judgement.

Mind (<https://www.mind.org.uk/>) - Fighting for the mental health of people in England and Wales. They offer some specific guidance for those who find the holiday season particularly difficult.