

If you or someone you know is finding it difficult to cope at the moment... It's OK.

It's common to feel this way. You are NOT alone. Many people are going through a range of emotions during this time.

The current restrictions may be placing extraordinary pressures on you. You may be worried about your family, feeling isolated or lonely, feeling scared about your health, your finances or facing an uncertain future, which can be very hard.



PSYCHOLOGICAL FIRST AID



Avoiding others, being irritable, anxious, not sleeping well, not eating properly, headaches, nausea, body pains, feeling restless or exhausted, listless or on edge: all these things can be signs of stress.

If you notice these or other signs of stress in yourself, don't be afraid to ask for help.
If you notice these or other signs in a crew mate, you can also help.



When we are finding it hard to cope, we often don't want to burden others with our problems.

Don't be afraid to reach out. Asking for support early can stop things from getting worse.

Ask: Are you OK? You will not make things worse by asking. Be prepared to listen. Just listening and being there is incredibly important. Be kind, empathic and non-judgemental.



Be kind and compassionate to yourself – this is hard.

Connect with people around you and people you can confide in.

You might be able to help your crewmates to:

- Access information
- Tackle practical problems or talk them through to look for solutions
- Access resources, services and other sources of help

If you or a fellow crew member are struggling or need to talk through a problem, Yacht Crew Help offers emotional and practical support to professional yacht crew anywhere in the world. The helpline is:

- Free
- Confidential
- Multilingual
- Available 24 hours a day, 365 days a year

Contact us:



+44 203 713 7273



help@yachtcrewhelp.org



Live Chat: www.yachtcrewhelp.org



Yacht Crew Help
the lifeline for crew