

DON'T SUFFER IN SILENCE

Accidents, piracy, bereavement... When crisis hits, it's easy to feel out of control.

Our Crisis Response Network can help you get back on your feet. Whether you need medical help, someone to visit your family, or just someone to talk to, we're here for you.

Our free, confidential service is available all around the world, 24 hours a day.

Email crisis@sailors-society.org www.sailors-society.org/support-for-seafarers





Need help?

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





ARE YOU A SEAFARER IN CRISIS?

THE PHILIPPINES

0063 9175 782 118

Iris Picardal:

Sailors' Society's Crisis Response Network provides a rapid response trauma care and counselling service for survivors of piracy attacks, natural disasters and crises at sea.

REGIONAL CONTACTS:

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ASIA

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