TEN WAYS
TO LOOK AFTER YOUR MENTAL HEALTH AT SEA

1 **Share your problems**

2 **Eat healthily**

3 **Stay in touch**

4 **Learn to be comfortable in your own skin**

5 **Keep fit**

6 **Have a rest**

7 **Watch your alcohol intake**

8 **Ask for help**

9 **Do something you enjoy**

10 **Look out for others**

www.sailors-society.org/nomw

WE SAY
NOT ON MY WATCH

A SAILORS' SOCIETY CAMPAIGN