

# GET BY WITH A LITTLE HELP FROM YOUR FRIENDS...



Peer support groups are safe spaces where you can share your day-to-day life and ask for help or advice.

Whether you need support or guidance, or would just like to be in a community with other seafarers, why not join one of our groups?



## Need help?

Email [crisis@sailors-society.org](mailto:crisis@sailors-society.org) visit  
[www.facebook.com/SailorsSocietyCRN](https://www.facebook.com/SailorsSocietyCRN), or go to  
[www.sailors-society.org/support-for-seafarers](http://www.sailors-society.org/support-for-seafarers)

