

## **DEPRESSION ISSUES**



I was away at sea for about six months when I got a message from my wife saying she was leaving me...



The Crisis team kept checking on me

regularly. They also arranged for one of their Chaplains to come and visit me on board at

the next port.

The Chaplains emp

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I started struggling to get my work done.
I slept poorly and didn't want to socialise with the rest of the crew.



This carried on for two months. It got so bad that I contemplated ending my life. Nothing mattered anymore ... I didn't matter!

I downloaded the Wellness at Sea app and also started doing the e-learning to learn how to take care of myself and manage my emotions.



I also joined a Wellness at Sea Peer Support Group. These are small groups made up of 2O seafarers and a moderator from Sailors' Society.





That's when I got hold of the Sailors' Society Crisis Response Team. It took a lot of guts from my side to make the call but in the end it was worth it! Finally, I had someone I could talk to without being judged.





## Need help?

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

