



Wellness at Sea
FROM SAILORS' SOCIETY

INTRODUCTION TO THE WELLNESS AT SEA CAMPAIGN



Australian Government

Australian Maritime Safety Authority

Dear Seafarer,

How are you? Who are you? Why are you? Exploring the answers to these questions can have a big impact on your health and wellbeing.

You are unique - there is truly no one else like you. You wear many hats. You are part of a family; a son or a daughter, perhaps a parent, a spouse, a partner; you are a member of a community, a culture, perhaps a sports team, and much more. All of these aspects influence how you are, who you are and why you are. And in turn, these influence you in your daily life.

At international maritime charity Sailors' Society, we've spent years helping seafarers, their families and colleagues, to enjoy better wellbeing. Now, your company has signed up to our Wellness at Sea Awareness Campaign and invited us to help you too.

We'd like to invite you to join us on a journey exploring wellbeing. Over the next few months, we'll be working with The Australian Maritime Safety Authority to share mental health and wellness information, advice and support with you and other company employees and their families. Lots of companies will also be running the campaign at the same time, so there will be a real sense of community.

Sailors' Society's Wellness at Sea Awareness Campaign is all about you - you are extremely valuable!

Through the campaign we hope to:

- **empower you** by explaining basic principles of wellbeing, exploring some of the most common challenges we can face and giving you the tools to navigate these in a positive way.
- **support you** because we know that life can get tough at times, especially with a loved one away at sea for long periods, and having someone to turn to for support can make all the difference. There is a wealth of resources out there that you can turn to in difficult times – for example Sailors' Society's helplines and chaplaincy service, which offer free support and advice.
- **support and build your community**, because no-one is an island. You are connected to other people who influence you in your work and personal life. You depend on them and they depend on you. For us, supporting and investing in your family and the shore staff taking care of your loved one is important, because we are confident that it can give you peace of mind while your family member is at sea.



THE PRACTICALITIES:

When will the campaign start? 28 June 2021

What can I expect?

The campaign runs over 27 weeks, with nine cycles lasting three weeks each. We'll be talking about a new topic in every cycle, sharing podcasts, videos, posters and other materials. The Australian Maritime Safety Authority will possibly also provide you with information on wellbeing initiatives and resources that they have in place. Importantly, you'll be able to reach out to our support teams to have a chat at any time, whether to discuss serious issues or if you simply want a listening ear.

How do I contact Sailors' Society's helpline?

You can reach the helpline by calling +1-938-222-8181 or if you'd prefer to write, you can instant message via wellnessatsea.org/helpline

What is expected of me?

Every cycle will ask you to take on a practical action. Remember that this journey will only be as valuable and exciting as you allow it to be. It will only be as rich an experience as the work you put into it. This campaign provides you with ample resources to improve your wellbeing, but ultimately, you are the master of your own ship - responsible for your own wellbeing.

What are the actions for weeks 1-3?

Become part of the conversation by connecting with Sailors' Society on social media. You can find us on the following platforms:

- Twitter: @SailorsSociety
- Facebook: @SailorsSociety
- LinkedIn: @sailors-society
- Instagram: @sailors_society

You can also find out more about Sailors' Society at www.sailors-society.org and by watching this video: www.youtube.com/watch?v=KHDY6MfAEw

I hope that this campaign will be a positive experience for you and that it will contribute to a better understanding of yourself and the maritime world. I hope that it will have some impact on your day-to-day journey – even if it's small, but even better if it is profound.



Kind regards,
Johan Smith
Wellness at Sea programme manager, Sailors' Society

