
Steamship Mutual helping seafarers maintain mental well-being August 2020

Dear Members,

The COVID 19 pandemic and the operational disruption it has caused to the process of scheduled crew changes has subjected seafarers to increased levels of stress and anxiety. In response to these pressures, Steamship Mutual is pleased to announce a very significant additional service to the Club's Members that is aimed directly at the well-being of ships' crews.

Through the Ship Safety Trust, Steamship has partnered with Mental Health Support Solutions (MHSS), www.mentalhealth-support.com. This partnership will allow crew members on Members' entered vessels free access to a 24/7 Helpline, offering around the clock confidential and professional psychological support.

This service, available exclusively to Members from 1 September 2020, will be delivered by MHSS's team of qualified psychologists with experience in the maritime sector, giving one-to-one counselling via email, text or phone, on board and ashore.

To access the above service, seafarers can email (info@mentalhealth-support.com), phone or WhatsApp using the freephone contact number +800 5969 7989 or +49 162 109 5976, at any time of the day.

Yours faithfully,

STEAMSHIP MUTUAL UNDERWRITING
ASSOCIATION LIMITED