

Where can I find help?

➤ **International Seafarers' Welfare and Assistance Network (ISWAN): Seafarers.org**

"Wherever you are in the world, we're here for you" Free, confidential, multilingual helpline for seafarers and their families available 24 hours a day, 365 days per year.

direct dial +44 20 7323 2737

email help@seafarerhelp.org

➤ **Professional Yachting Association (PYA)**

The **voice of international yacht crew since 1991**. The PYA is a non-profit association which was founded in 1991 and exists primarily to represent the interests of professional yacht crew. The association has members from nearly 90 countries around the world and helps its members by providing accurate, unbiased advice on certification, training, welfare, and regulations. The PYA is supported by its Partners who are drawn from a variety of organisations providing services in this sector

PYA Head Office

23, Rue du General d'Andreossy,

06600 Antibes, France

Telephone +33 (0)493 34 91 16

Email: info@pya.org

➤ **Nautilus International**

Nautilus International is an independent, influential, global trade union and professional organisation, committed to delivering high-quality, cost-effective services to members, and welfare support to necessitous seafarers, their dependants and other maritime professionals. Nautilus works with members, the maritime community, national governments and international agencies to create change, which improves the lives of maritime professionals. We give a voice to Maritime professionals from the very beginning of their training throughout their employment and into retirement. Example of recent work: Nautilus International is supported the International Day Against Homophobia, Transphobia and Biphobia on 17 May 2019 and took part in a video produced by the International Transport Workers' Federation to commemorate the day. The day marks the anniversary of the World Health Organization's decision to remove homosexuality from its International Classification of Diseases in 1990

Email : enquiries@nautilus.org

Tel (UK Head Office) +44 (0)20 8989 6677

➤ **Maritime Wellness Institute Matt O'Crowley**

The Maritime Wellness Institute is devoted to improving the wellness of crew at sea, setting new standards and providing unparalleled access to the world of wellness at sea. We work with our members, advisors and global subject matter experts to achieve this mission. Our vision is to ensure that every seafarer is aware of all the best resources available to support their wellbeing. We have a number of projects on, surround wellness at sea and mental health.

Headquarters, London, UK

info@zswellness.com

Phone; +44 (0)208 012 8470

➤ **Crew Glue: Sara Ballinger**

Close-quarters, long hours and busy programmes with little time off, combined with different personalities and expectations, make for a challenging environment. The highest levels of safety, service and collaboration are possible only when the crew trust each other, understand how their roles work together and are communicating properly. Crew-Glue encourages accountability and commitment to the job, the crew and the Captain.

Crew-Glue Southampton, SO32 2QU

Telephone: +44 (0)203 287 3277

Mobile: 07557 223528

Skype: search: crew glue

Email: ahoy@crew-glue.com

➤ **The Crew Coach – Karine Rayson**

Karine commenced her yachting career in 2008. Her yachting experience inspired her to further develop her skills in the human services sector. As a values-driven and change professional, Karine comes with a wide, yet specialised skill set in the areas of psychology-counselling, strategic leadership and management. Her core purpose involves supporting individuals and teams to overcome personal and collective challenges whilst helping them achieve their respective aspirations. We love working with crew and helping them overcome their personal and professional challenges. **NB:** Coming soon: The Crew Coach has a special mental health edition coming soon. You'll find all the interviews on The Crew Coach Facebook page or Instagram @the_crew_coach.

General enquiries: info@thecrewcoach.com

Mobile: + 61 402 065 101

Skype: [karine_rayson](#)

➤ **LHG – Peter Vogel and team**

“We believe in the power of humans: we believe in helping everyone develop the best versions of themselves”. Market leaders in training with a highly professional team consisting of fully accredited Life coaches, Leadership trainers and a qualified Suicide Prevention Officer. Experts in the Super yachting industry and the difficulties therein. Succeeding in alleviating unnecessary challenges for both Superyacht crew and shore-based, yacht-related companies.

email : info@luxuryhospitality.com

Phone 31 (0) 646081660

www.luxuryhospitalitymgm.com

Professional support in Mallorca

➤ **British Medical Centre, Club de Mar**

Dr Johanna Clark (MRCGP AFOM MIHM CMIOSH) is the Medical Director GP and Occupational Health Physician (OHP)
Hedda Clark, Administration Manager, BMC

info@clubdemarmedical.com

Carrer les Rafeletes 1A

Edificio Torremar B

Planta Primera,

Local 2 Izquierda,

07015 Palma de Mallorca

GP Clinical: +34 639 949 125

OH Medicals: +34 619 982 142

Landline: +34 971 703 391

- **Monday – Friday 8am – 4pm**
- **Saturday - By Appointment**

➤ **British Counselling Service: Sarah Heyler**

Sarah, our fully qualified English Counsellor has a certificate in Counselling Skills, a diploma in Psychodynamic Counselling and BSc (Hons) in Psychology.

Our Mission: We are fully aware of the importance of confidentiality, because as you know, here in Mallorca everyone seems to know everyone and that can be a worry when discussing sensitive personal information. However British Counselling Service work in accordance with the British Association of Counselling and Psychotherapy (BACP) code of ethics and confidentiality, as well as the British Psychological Society (BPS).

Certificados Medicos Porto Pi (Medical Centre)

188 entio,

Avinguda de Joan Miro

07015 Palma de Mallorca

Phone: 0034-663-890-287

info@britishcounsellingservice.com

Skype Name - britishcounsellingservice

➤ **Manda J Beaver: CEO, Health Educator & Inspirational Coach at Manda J Beaver**

Former RN & Medical Trainer at Medical Support Offshore. Health Coach & First Aid Instructor: Bachelor in Health Science, Masters in International & Public Health. Diploma of Education & training and many more in Nutrition, Natural Medicine & Wilderness Medicine Topics.

Based in Palma de Mallorca

www.mandajbeaver.com

www.theaquadiva.com

www.nursemanda.com

➤ **Belinda Carrigan, ex-Mental Health nurse, Yachting Professional, Mentor.**

Born in Scotland, Belinda was schooled and grew up in Cape Town, South Africa. She later worked and studied in both New Zealand and Australia, before joining the yachting industry as a chef in the Mediterranean in 2001.

Belinda studied as a Mental Health nurse in Perth, West Australia for 7 years, gaining life skills that have helped her enormously and which she enjoys sharing with anyone in need of her experience and inherent compassion. Her aim is to listen, to hear, to support and where necessary, to direct people to other professionals who are best suited to assist and enable anyone to be all that they can and want to be.

“Never assume that loud is strong and quiet is weak”

ph 00 34 672 27 3927

Belinda@proprofile.com

➤ **Martin Bell, English-speaking Psychologist, qualified at CPPD college, UK**

Manages Open Mind, Radio, Mallorca

Open Mind Mallorca is a Mental Health Awareness group run by qualified therapist and counsellor, Martin Bell, who undertook this following retiring from a successful business life in the UK. Martin works mainly with clients lacking funds to seek help. He also runs a successful Radio 1 ‘Open Mind’ hour every Monday

Phone :34 626 04 43 71

Open Mind Facebook group

➤ **Ken Wiseman, Chaplain based in Mallorca. Mission to Seafarers**

Chaplain Ken Wiseman has very recently (20 May 2019) relocated from Limassol to Palma to offer his services to seafarers on the island. Throughout a long and distinguished history, the Mission to Seafarers has grown to become one of the largest port-based welfare operators in the world, providing a service in around 200 ports, 365 day a year, across 50 countries.

“Our vision is to operate a network where seafarers are valued and cared for in the ports where the need is greatest. We are determined to be in the right ports with the right resources offerin support which is relevant, compassionate and life-enhancing.”

Head Office: Seafarers centre, Limassol

Phone no. centre: + 357 25 660008

Phone no. Chaplain: + 357 99 539144

www.missiontoseafarers.org

➤ **Bikini Beach Boutique and Spa – Owner - Lucy Ireland**

Offering Meditation, Reiki, Reflexology, Massage therapy. Self-care is important! Loving oneself is about maintaining a healthy relationship with yourself. By doing so you will feel positive, confident and have better self-esteem. It's important for your family, friends and colleagues too. Crew re-charge packages available.

Passeo Mallorca 10, 07012 Palma, Illes Balears

Phone : + 34 871 57 78 36

Info@bikinibeach.co

Facebook: Bikini Beach Boutique and Spa

➤ **Nutritionist: Mise White Prasad Massage & Ayurvedic Nutrition**

Finding Ayurveda may have been accidental for me but having facilitated my own recovery (with the excellent help and assistance of my doctor and therapist), having found it to be as easy as described and having been able to follow this lifestyle in accordance with my own needs and beliefs I want to help others do the same for themselves. Self-health the very heart of Ayurveda so why not contact me today and find out what it can do for you.

Phone 34 680 288 075

http://www.prasadmn.com/

“Safe Houses” in Palma (to pop in for a cup of tea, a chat and a hug!)

Bindi's : Owner - Bindi Shah

***Carrer de Sant Magí 84,
07013 Palma de Mallorca
Illes Balears, Spain***

Phone: +34 871 96 83 20

Aigua Sea School: Owner - Linda Revill

***Carrer d'Espartero, 8,
07014 Palma de Mallorca,
Illes Balears, Spain***

Phone +34 871 23 03 73

