



SUPPORT DIRECTORY

YACHT CREW RESOURCES FOR WELLBEING

[YACHTSMERMAIDS.COM](https://www.yachtsmermaids.com)



Yacht Crew Support Resources

Name	Category	Email	Website	Contact
International Seafarers' Welfare and Assistance Network (ISWAN)	'Wherever you are in the world, we're here for you' Free, confidential, multilingual helpline for seafarers and their families, available 24/7/365	help@yachtcrewhelp.org	www.yachtcrewhelp.org	+442037137273
MedAire	As part of the package aboard yachts, MedAire provides emotional support services 24/7/365. This support programme provides quality care for the crewmember and their immediate family, dealing with psychological and emotional issues for which short-term counselling is appropriate.	info@medaire.com	www.medaire.com	Americas: +1 480 333 3700 Europe: +44 1252 517 951 Asia Pacific & Middle East: +65 6330 9534
Professional Yachting Association (PYA)	The PYA is a non-profit association and exists primarily to represent the interests of professional yacht crew.	info@pya.org	www.pya.org	+33 (0) 493 349 116
Nautilus International	Nautilus is an international independent trade union committed 'protecting and respecting' its' members.	enquiries@nautilusint.org	www.nautilusint.org	Phone: +44 (0) 20 8989 6677 (Head office)
RJ8	Mental Health + Legal Services	hello@ri8.co.uk	https://www.ri8.co.uk	
Seamen's Church Institute	Free legal services	cma@seamenschurch.org	https://seamenschurch.org	
Seafarer Rights	Free education on maritime legal and policy research		https://seafarersrights.org	
ITF	Maritime Union/ Seafarer Right Education		https://www.itfseafarers.org/en/your-rights/your-legal-rights-0	
Maritime Law Info (USA only)	Find a lawyer		https://www.lawinfo.com/admiralty-maritime/	
Worldwide Maritime Law Directory	Find a lawyer		https://www.nautilusint.org/en/assistance/worldwide-lawyers-directory/	
The Crew Coach – Karine Rayson	Mental Health	info@thecrewcoach.com	www.thecrewcoach.com	Phone: +61 402 065 101 Skype: karine_rayson
Seas the Mind	Mental Health	emma@seasthemind.co.uk	https://www.seasthemind.co.uk	+44 75101 97297
Mental Health Support	Mental Health	info@mentalhealth-support.com	www.mentalhealth-support.com	Phone +49 40 6506 2666 Mobile +49 151 540 366 45
Dr.Victoria Howe	Physical and Mental Health in BCN	info@drvictoriahowe.com	www.drvictoriahowe.com	+34 672299222
The Crew Counsellor	Mental Health	karenmfr@yahoo.com	https://www.facebook.com/crewcounselling	+44 7470 677899
Crew Glue- Sara Ballinger	Mental Health	info@britishcounsellingservice.com		Phone: +34 663 890 287 Skype: britishcounsellingservice
Crew Wellbeign Co.	Mental Health/Wellbeign		https://www.crewwellbeingco.com	
Marta de La Cruz Rios	Mental Health	marta@freelosophy.es		
Belinda Carrigan	Mental Health	belindajane99@gmail.com		+34 672 27 3927
Anne Nielsen Life Coach – Green Apple Coaching	Health/Mental Health	greenapplecoaching@gmail.com	www.greenapplecoaching.com	
Agnes Lukacs	Mental/Emotional Support	agneslukacs.coach@gmail.com	www.freeandjoyful.com	+34 622 05 8170
Float	Recruitment/Mental Health	info@floatrecruitment.com	http://www.floatrecruitment.com/	+27 64 775 5217
Chelsea Haines	Gut and Mental Health	info@ChelseaHainesCoaching.com	www.ChelseaHainesCoaching.com	
Marién Sarriera	Womb and Mental Health	marien@femrewild.com	www.femrewild.com	WhatsApp: 1 -954-397-2465
Nikki Loots	Emotional Health	nikki.loots@gmail.com	www.nikkiloots.com/	
Yachts Mermaids	Work Support/Career Progress/ Mental Health	info@yachtsmermaids.com	www.yachtsmermaids.com	WhatsApp: 1 -954-397-2465
Sandra Jordan	Work Support/Career Progress	info@theyachtpurser.com	www.theyachtpurser.com	
Angela Wallace	Work Support/Career Progress	angela@pursertrainer.com	www.pursertrainer.com	
She of The Sea	Mentorship		https://www.sheofthesea.com	
Emma Bagget	Career Progress/Exit Strategy	emma@the-om.co.uk	https://www.the-om.co.uk	+44 (0) 7792 590248
APetchell Coaching	Exit Strategy Coach	info@apetchellcoaching.com	www.apetchellcoaching.com	WhatsApp - +19124018484
Yachting International Radio-Uncensored	Share your story	https://yachtsmermaids.as.me/ym-meetup	https://www.facebook.com/watch/2507203569295771/504775077061561/	
Maritime Legal Aid	Share your story		https://www.maritimelegalaid.com	