



Support Services for Female Crew

You're Not Alone at Sea



The Mission to Seafarers has been supporting seafarers worldwide for 170 years. We're here for you – whether you need someone to talk to, practical assistance, or just a friendly face in port.

Support Services Available



Confidential Welfare Support

- One-on-one conversations with trained female chaplains and welfare officers
- Confidential counselling services
- Support with personal or work-related challenges
- Spiritual support and guidance

Practical Assistance

- Help with communication – SIM cards, Wi-Fi and internet access
- Transportation services – assistance with travel to shops or medical facilities
- Support accessing female hygiene products
- Emergency assistance and advocacy

Seafarers' Centres

We operate 50 seafarers' centres around the globe. These offer:

- Safe, welcoming spaces to relax and unwind
- Social and recreational activities and community connection
- Quiet areas to have time alone, speak to your loved ones or get support from our teams



The Mission to Seafarers is here for you seven days a week. Whatever you're facing - homesickness, workplace concerns, family issues, or you just need someone to listen – we're here without judgment.

All services are free and confidential. We welcome seafarers of all nationalities, faiths, and backgrounds.

Get in Touch

Email: femalecrewhelp@missiontoseafarers.org

Website: www.missiontoseafarers.org

To find a seafarers' centre please visit:

www.missiontoseafarers.org/our-ports



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