**Mental health and wellbeing**

Confidential advice and support service for all working and retired seafarers and families.

Available online 24/7

**Togetherall** provides online support 24/7 in a safe, supportive and anonymous environment. You can access trained counsellors, a support network, self-help materials and one to one therapy. This is just like conventional face to face therapy, but it’s delivered online via webcam, audio or instant messaging.

You can access this free service straight away – just click on one of the links on our website. Please be assured it is entirely anonymous

**Togethera**ll is currently the major provider of online mental health services and is regulated and approved by the Care Quality Commission, with a CQC rating of ‘good’. They are highly respected and successful, running similar schemes in partnership with the NHS, universities, Armed Forces and local authorities.

With funding from the Society, free support from **Togetherall** is now available to all working and retired merchant navy seafarers and fishermen who are based in the UK, and to their families.

Visit the Togetherall website for a taste of what they do [www.togetherall.com](http://www.togetherall.com/)