

Having a tough time?

Big White Wall
can help you
get support,
take control
and feel better.



Big White Wall[®]

You don't have to deal with difficult feelings or situations alone.

Confidential mental health and wellbeing advice and support service.

Free to all working UK-based fishermen with funding from the Seafarers Hospital Society. To join Big White Wall today, visit seahospital.org.uk and select **Mental health and wellbeing**.



Available online 24/7 Get support Take control Feel better

Registered charity number 231724