

# Shoreside coaching

Mental Health Resources

This booklet is only for the use of clients of Shoreside Coaching

# Is Coaching Right For You?

## Understanding Your Mental Health Support Options

Making the decision to transition out of the yachting industry can be both exciting and challenging. While this period of change brings new opportunities, it may also stir up feelings of uncertainty, anxiety, or stress. It's completely normal to seek support during this time, and there are various options available to help you navigate this transition successfully.

Career coaching can be an excellent resource when:

- You're looking for guidance on practical steps for your career transition
- You need help identifying your transferable skills and exploring new career paths
- You want accountability and structure in your job search process
- You're feeling stuck but are generally able to manage day-to-day life
- You're seeking someone who understands the unique challenges of leaving the yachting industry

However, coaching may not be sufficient if:

- You're experiencing severe anxiety, depression, or other mental health concerns
- You're dealing with trauma or past experiences that are significantly impacting your daily life
- You need support for diagnosed mental health conditions
- You're having thoughts of self-harm or suicide

# Alternative Mental Health Resources

If you're experiencing more severe mental health challenges, several other options are available:

**Therapy/Counseling:** Unlike coaching, therapists are trained mental health professionals who can help you work through deeper emotional issues, trauma, anxiety, depression, and other mental health concerns.

**Support Groups:** Connecting with others who are going through similar transitions can provide valuable emotional support and practical advice. Look for in-person or online groups specifically for yacht crew in transition.

**Mental Health Apps:** Various apps offer meditation, mindfulness exercises, and mood tracking to support your mental wellbeing during this transition.

**Employee Assistance Programs (EAPs):** If you're currently employed on a yacht, check if your employer offers an EAP, which often includes confidential counseling services.

**ISWAN:** The International Seafarers' Welfare and Assistance Network (ISWAN) is an international maritime charity which works to improve the lives of seafarers and their families with services, resources, strategies and advocacy. If you ever need someone to speak too, there is a 24hr helpline & a live chat in multiple different languages with professionals you can speak too.

## When to Seek Immediate Help

If you're experiencing thoughts of self-harm or suicide, it's crucial to seek immediate help:

- Contact your local emergency services
- Call or text a suicide prevention hotline (specific numbers vary by country)
- Reach out to a trusted friend, family member, or mental health professional
- Remember, seeking support is a sign of strength, not weakness. Whether you choose coaching, therapy, or other resources, taking care of your mental health is an essential part of successfully transitioning to your next chapter.

# Resources

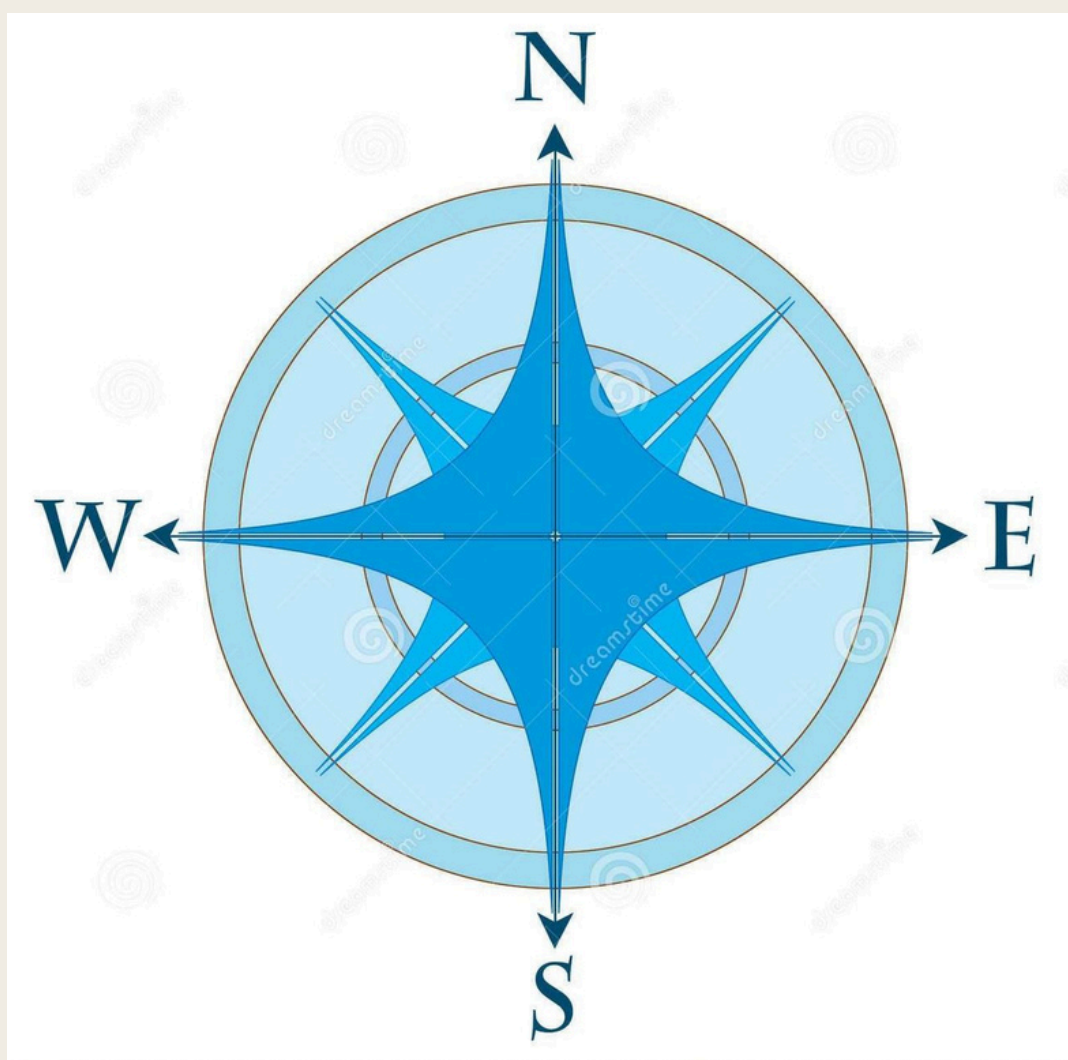


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Mental Health Support for Crew.  
Karen is a qualified counsellor and therapist with over 20 years experience as crew on large yachts.

Karen can provide:

- 1:1 Counseling
- EMDR Therapy
- Substance Misuse Therapy
- Critical Incident Assessments & Support



/crewcounselling/

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