



MENTAL HEALTH IN THE COMMERCIAL FISHING INDUSTRY

You are invited to take part in a research study looking to understand mental health and mental wellbeing in the commercial fishing industry.

This study is funded by the University of Exeter and The Seafarers' Charity. If you would like more information about the project, please contact Skylar Collins at sc1286@exeter.ac.uk



What is the aim of this research?

Fishermen in England currently face many challenges such as financial worries, environmental change, and regulatory changes. These factors are expected to act as stressors for fishermen and may be having negative consequences on their mental health and wellbeing. This survey aims to better understand the mental health of commercial fishermen in England.

Who can take part?

This survey is for **ALL commercial fishermen in England**, not just those with mental health concerns. We would like you to take part if you are happy and healthy and/or if you have mental health concerns.

If you participate in this survey there is the option to be entered into a prize draw for £200.

CLICK HERE
TO TAKE PART
IN THE
SURVEY



How do I take part?

- 1) Complete the survey online yourself (about 10 minutes) by clicking the link above.
- 2) Send an email to Skylar Collins (sc1286@exeter.ac.uk) to arrange a time for them to either call you or send you a paper copy.

If you are struggling with your mental health, please contact the following helplines who are here to support you.

For mental health support:

Text the word FISH to 85258 for free, confidential support at any time of day or night.

Call the Samaritans 116 123.

Search 'Togetherall' for free, online mental health support for fishermen and their families.

For finance and welfare support:

Contact the Fishermen's Mission on 0800 6341020.

Call SAIL on 08001601842 for UK-wide Citizens Advice service for seafarers and their families.

Call the Seafarers Hospital Society on 020 8858 3696.