

MANAGING STRESS FOR MARINE FARMERS

FROM DECKHANDS TO
SKIPPERS TO THE OFFICE




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mate**
SUPPORTING OUR
SEAFOOD WHĀNAU



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Updated in 2023 by:

Guard Safety

O/B FirstMate

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Persistent stress, associated with marine farming and working at sea in difficult times, can impact the wellbeing of your family and affect business decision-making.

This resource has been developed for the aquaculture industry but contains helpful information for the whole seafood sector. It enables families to understand stress, its effect on us and provide tips on managing stress. Learning to cope with stress is like developing a new skill and, once learned, it makes handling stress easier next time.



Difficult times: Stress for marine farmers

This resource has been adapted from a publication by the National Centre for Farmer Health and the Agricultural Health and Safety Network in Canada for which we are very grateful and includes input from health professionals in Australia. The development of this publication was funded by FirstMate.

This resource is aimed at all people who work in the business of marine farming and their whānau - from deckhands to skippers to office staff.



The need:

While marine farmers are very willing to volunteer and help others, they are often less willing to ask for help themselves. The tendency is not to openly talk about problems or ask for support until things are absolutely desperate.

A way...

This resource is a way of enabling aquaculture families to understand stress and its impact, and to learn skills to help balance stress when operating in difficult times.

The situation

Marine farmers face tremendous pressure because they work in a highly uncertain environment. They face pressures while working at sea, and on shore they may struggle to access marine farming support. Today, many marine farmers also face pressures that go beyond the job and the risks 'they signed up for'. Uncertainty around policy changes about water space access and aquaculture activities have the capacity to control and change what marine farmers can and cannot do, which can result in livelihood insecurity.

Many factors that influence an aquaculture business's viability are out of a marine farmer's control. Often, it is the thing we cannot control that causes us to feel the most stress.¹

Factors affecting marine farmers stress (which may be things that we may or may not be able to control):

- › The weather
- › Large debt
- › Long and unsociable work hours
- › Mechanical breakdowns
- › Trucking schedules
- › Health of the stock
- › Crew dynamics
- › Fluctuations in market price
- › Biosecurity risks
- › Dangers of working at sea
- › Complicated paperwork
- › Red tape
- › Uncertainty and changing fisheries policy and regulation

- › Perceived lack of fairness in policy changes
- › Livelihood insecurity
- › Negative public perceptions
- › Conflict with other marine stakeholders e.g. recreational and commercial fishers.

Stress for marine farmers continues as the aquaculture industry changes—some marine farmers are contracting and closing, while others thrive and grow.

Some are witnessing the marine environment change e.g. with human development, land-based pollution, oil and gas exploration and climate-related shifts. Others are seeing their access to resources change with a range of competing interests. Marine farmers have been experiencing significant changes for decades and there is a culture of self-reliance among the industry. While this may make marine farmers resilient, it may also mean they are less likely to prioritise their health and look for positive ways to alleviate stress.

Stress

- › Stress is the human response to any change that is perceived as a challenge or threat.
- › Changes that cause worry, frustration and upheaval, and seem beyond our control can cause stress.
- › Attitudes, perceptions and meanings that people assign to events determine a large part of their stress levels.



**Give yourself credit
for the tough times
that you have
survived.**



Not all stress is bad

When we are excited about an event in our lives, we feel anticipation.

Anticipation helps us get mentally and physically ready for a task.

This energising stress is called eustress. Eustress keeps us working when there is a long stretch of good weather, or when we are trying to meet our harvest targets by the end of the season.

Distress

Distress occurs when we suffer from increased amounts of stress for a long period of time. Distress can threaten our physical and mental health. Experiencing ongoing distress for months or years leaves our bodies all geared up with no place to go. High levels of adrenalin and other stress chemicals such as cortisol—existing for short-term response to challenges—are harmful when they continue with no relief. The results are broad ranging and can include elevated blood pressure, heart disease, a weakened immune system and negative affects on our mental wellbeing.

Effects of stress



Stress overload changes the way we think. We can get tunnel vision and have difficulty exploring options. We become threat focussed.

We can become more irritable and suspicious and misinterpret social interactions, thinking people are criticising or making fun of us. We have difficulty handling anger. **Keep in mind stress can:**

Occur suddenly with no warning:

- › Boat engines break down

Build rapidly:

- › One thing after another goes wrong in a day
- › For example, one of the crew doesn't show up for work, something goes wrong with the harvesting gear, the vessel electronics goes down, the mobile phone keeps ringing...

Snowball:

- › Over weeks and months
- › Poor cash flow, high debt, and personal worries escalate
- › A bad run of weather, poor market prices when you do go out, pressure to harvest your tonnage for you or the owner

Consequences of “too much stress” for an aquaculture family can widely vary from tension in family relationships:

- › To poor business decisions
- › To injury or death from a harvesting accident

Lead to anger:

Which could potentially damage families and businesses

Therefore:

1. Think before you act
 2. Walk away if needed - exercise helps
 3. Breath in 4 seconds through your nose, hold 4 seconds then out through mouth for 4 seconds. Do this for a minute
 4. When ready, calmly express your concern and use words like "I am angry because"
 5. Identify joint solutions
 6. Don't hold a grudge
 7. Use humour to lighten your mood or think of the things that went well today
- › Follow the steps from 1-7 next time!



Balance

**is the key to effectively
dealing with stress and
we all need to find our
own balance.**

Signs of stress

Signs of stress can show in the form of physical, emotional and behavioural changes depending on the person and situation.

Check the symptoms of stress you are presently experiencing:

Physical

- Headaches
- Stomach problems (constipation or diarrhoea)
- Chest pain
- Rapidly beating heart
- Change in blood pressure
- Grinding/clenched teeth
- Fatigue
- Change in sexual interest
- Procrastination
- Impulsive buying/gambling

Emotional

- Increased angry blow ups
- Frustration
- Impatience
- Difficulty controlling emotions
- Low self-esteem
- Depression
- Thoughts of taking your own life
- Short temper
- Neglecting your existing health conditions

Behavioural

- Overeating/neglecting diet
- Increased smoking/alcohol drinking
- Change in sleeping habits
- Difficulty relaxing; restlessness/lack of concentration
- Withdrawn from others
- Trouble adapting to changing circumstances
- Forgetfulness
- Sarcastic arguments

 **Everyone views stressful situations differently and has different coping skills.**

No two people respond exactly the same way to a given situation. Understanding ourselves and our reactions to stress, allows us to learn.

Dealing with stress

People vary in their ability to handle stress. Stress is often dependent on a number of factors including personal experience, individual skills, support and environment. Consequently, what one person may experience as stress, another may view as challenging.

There are many stressors that are out of a marine farmers control. Marine farmers who are **aware** of stressors know some are out of their control, and they **accept** that. These marine farmers then concentrate on directing their energy towards problem solving and **coping** with stressors that are within their control. Marine farmers demonstrate control with **actions** - controlling tempers, keeping on top of their financial situation, hiring crew who have demonstrated their reliability, and **practising** safe productive harvesting skills.

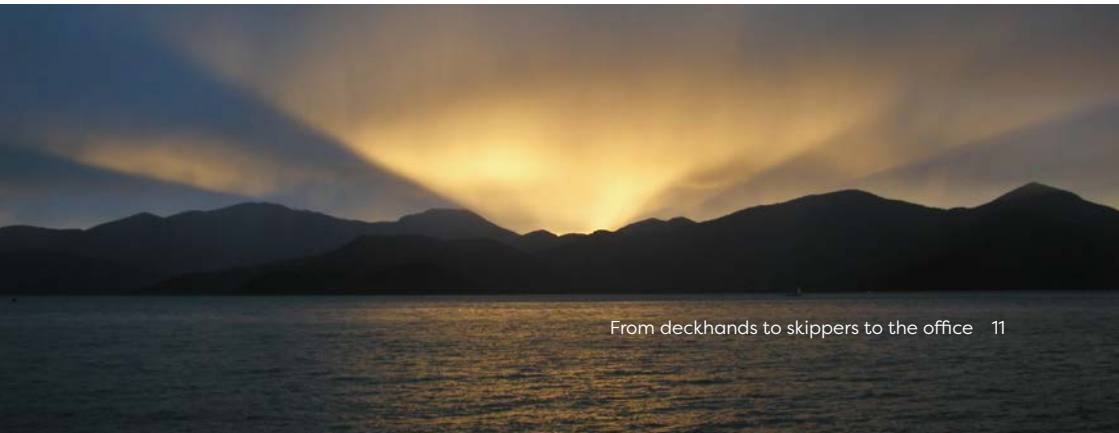


Just as people differ in the way they perceive and react to stress, people differ in how well they manage stress.

Often, stress can lead to more stress, and there is a connection between stress and the way we think, feel, and react to stressors. Whilst many things in marine farming may be outside our control, there are ways we can learn to respond to them better. The way we relate to our stressors can go a long way to predicting whether we manage them, or they manage us.



Learning to cope successfully with a particular stressor is like developing any skill. Once we learn, we can make it easier for next time.



How do you deal with stress?

Awareness

Can you name three recent situations that have caused stress in your life?

YES NO

Can you list three signs (physical, emotional or behavioural) that you suffer when you are under stress?

YES NO

Acceptance

Can you maintain a positive or neutral attitude when dealing with the “little things” in life?

YES NO

Can you change the way you view stressful situations to be more constructive in how you react?

YES NO

Coping

Do you know and use relaxation techniques like deep breathing and meditation?

YES NO

Do you ever use exercise to get rid of stressed feelings?

YES NO

Action

Do you make a list and prioritise tasks to keep yourself from feeling overwhelmed by all there is to do?

YES NO

When conflict arises can you express your feelings and communicate them to others effectively?

YES NO

YES total _____

NO total _____

YES LESS THAN 7

Any effort made to improve your ability to recognise and deal with stress will help promote balance in your life.

YES 7 OR MORE

You are on the right track! Share your ability to balance marine farming stress through difficult times with friends, family and community members. Be aware there can be a big difference between knowing what to do and doing it.

Awareness: Marine farming stress inventory

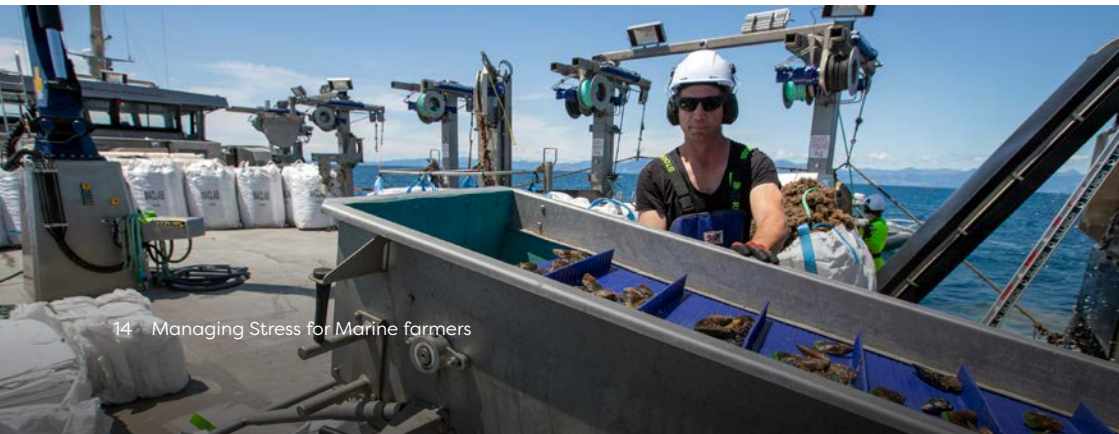
Marine farming has ongoing situations that cause stress. Common marine farming stressors are finances, daily hassles, and lack of control over the weather, heavy work overloads, and conflict in relationships.

Complete the following inventory to identify your stressors (both onshore and at sea).
1=low stress - 5=high stress.

- | | | | | | | |
|----|---|---|---|---|---|---|
| 1 | Not able to get out to the farm or work site due to poor weather | 1 | 2 | 3 | 4 | 5 |
| 2 | High debt | 1 | 2 | 3 | 4 | 5 |
| 3 | Negative media representation and poor public image of aquaculture | 1 | 2 | 3 | 4 | 5 |
| 4 | Low or variable market prices | 1 | 2 | 3 | 4 | 5 |
| 5 | Equipment or machinery breakdown at a critical time | 1 | 2 | 3 | 4 | 5 |
| 6 | Illness during the season or at critical harvest times | 1 | 2 | 3 | 4 | 5 |
| 7 | Rising harvest expenses | 1 | 2 | 3 | 4 | 5 |
| 8 | Changes in government policy and regulations | 1 | 2 | 3 | 4 | 5 |
| 9 | Worries about biosecurity in aquaculture | 1 | 2 | 3 | 4 | 5 |
| 10 | Other marine farmers' behaviour | 1 | 2 | 3 | 4 | 5 |
| 11 | Insufficient regular cash flow to meet financial obligations or for daily needs | 1 | 2 | 3 | 4 | 5 |
| 12 | Variation in harvest | 1 | 2 | 3 | 4 | 5 |
| 13 | Physical danger of marine farming | 1 | 2 | 3 | 4 | 5 |
| 14 | Amount of government red tape | 1 | 2 | 3 | 4 | 5 |
| 15 | Uncertainty of harvest stocks | 1 | 2 | 3 | 4 | 5 |
| 16 | Concerns about the continued financial viability of the aquaculture business | 1 | 2 | 3 | 4 | 5 |
| 17 | Discussions/negotiations with aquaculture managers | 1 | 2 | 3 | 4 | 5 |
| 18 | Interaction with the recreational fishing sector | 1 | 2 | 3 | 4 | 5 |
| 19 | Environmental changes | 1 | 2 | 3 | 4 | 5 |
| 20 | Marine farming-related accident | 1 | 2 | 3 | 4 | 5 |
| 21 | Difficulties with crew | 1 | 2 | 3 | 4 | 5 |

Fishing Stress Inventory (Continued)

22	Learning new harvest reporting systems or new technology	1	2	3	4	5
23	Dealing with processors/wholesalers/market people	1	2	3	4	5
24	Long work hours	1	2	3	4	5
25	Time away at sea causing stress on relationships	1	2	3	4	5
26	Alcohol and drug use on the boat	1	2	3	4	5
27	Having the responsibility to pay all the bills	1	2	3	4	5
28	Not having enough time off	1	2	3	4	5
29	Feeling isolated in the community	1	2	3	4	5
30	Worrying about keeping the aquaculture business in the family (succession)	1	2	3	4	5
31	Death of a family member or friend	1	2	3	4	5
32	Problems balancing marine farming and time with family	1	2	3	4	5
33	Divorce, separation or relationship problems	1	2	3	4	5
34	Conflict with family	1	2	3	4	5
35	Other recent events which have had an impact on your life	1	2	3	4	5



Inventory score

Putting your SCORE in perspective:

If the majority of your scores are 4 or 5:

- › It is important to devote immediate attention to stress management. Give yourself credit for the tough times you have survived. Long term stress depletes your internal resources. It is common to identify with these marine farming stressors in your operation. Remember there are people who will listen and help brainstorm ways to cope. For help, please refer to the back pages of this resource book for local contacts. There is no shame in talking to someone about your concerns.

If the majority of your scores are 3:

- › Focus on your stress management strengths. Continue to expand your coping skills. Set goals that allow you to take control of what is controllable in your marine farming business. The skills you are using and those you will develop can help you to deal with uncontrollable situations that arise.

If the majority of your scores are 1 and 2:

- › You have stress coping skills. Share your skills with others. Marine farming will continue to challenge you, so continue to communicate, prioritise daily tasks and support your family, friends, workers and community in difficult times.





Awareness: What can I control

Stress cannot be cured but it can be handled. A marine farmer cannot control outside forces that affect the aquaculture business and family but a marine farmer can control how they handle stress.

Events

- › **Plan ahead.** Don't procrastinate. Replace worn equipment, parts and gear, and complete maintenance during down times and poor weather periods rather than just before or while at sea.
- › **Use your time efficiently.** Set priorities and work at tasks accordingly. Remember there are only so many things that you can do in a day or on a marine farming trip.
- › **Prior to the harvest season.** Ensure you have efficient and reliable help both at sea and onshore.
- › **Learn to say NO to extra commitments.** There is only one you. Take care of yourself so you can fulfil present commitments.

Attitudes

- › Think before reacting to industry-wide challenges. A poorly considered response in person or on social media can exacerbate the problem. Plan your response and consult with others to have maximum impact.
- › Concentrate on thinking positively to solve a problem instead of worrying yourself sick about it.
- › Give yourself and others credit for what has been accomplished instead of focusing on what hasn't been done.
- › Make a plan for your day when you are not working. When you cannot get everything you want completed in a day, tackle what will give you the biggest return.
- › Look at the big picture and count the good things that happen like the amazing sunrise or sunset.

Awareness: Stressors

Put the stressors that you identified in the Marine Farming Stress Inventory or any personally identified stressors in the appropriate boxes.

Important/Controllable Stressors

e.g. Keeping up with vessel/gear maintenance.

Unimportant/Controllable Stressors

e.g. Who is going to make sure the jobs at home are done while I'm away at sea?

Important/Uncontrollable Stressors

e.g. The weather.

Unimportant/Uncontrollable Stressors

e.g. A negative comment on Facebook.

Acceptance skills

Acceptance skills can change your attitude toward controllable and uncontrollable stressors.

Keep things in perspective. Ask yourself:

- › Has this happened before?
- › What did I learn last time this happened?
- › What's the worst possible outcome?
- › Are my fears realistic?
- › What else can I do?
- › What do I tell a friend in this situation?
- › A year from now, how important will this be?

Use helpful self-talk - let go of the blame and guilt:

- › I did the best I could at the time.
- › Things are hard, so I will focus hard.
- › Someday we'll laugh about this.
- › This is a learning experience.
- › Focus on controlling what is controllable.
- › Things take time.

Keep a positive attitude:

- › With a positive attitude it is easier to live and work with others and find solutions.
- › Be aware of the automatic assumptions you make in certain situations. Don't always assume the worst of situations or people.

Develop a stress-resistant personality:

- › Set realistic goals and expectations.
- › Build time for leisure activities.
- › Get some exercise.
- › Keep problems in perspective and look at them as challenges.
- › Look for possibilities and get creative.
- › Connect with a positive social network that is supportive.
- › Share responsibilities and ask for help.

Talk to someone you trust to help clear your head and focus on eliminating or reducing stress and anxiety:

- › Family, friends or a colleague.
- › Consider seeking out a professional counsellor or confidential phone line program to help if you feel completely alone, overwhelmed and hopeless.
- › There is no shame in asking for help to sort the problem.



If you need support to navigate what's ahead, get in contact

0800 ADRIFT (0800 237 438)

firstmate.org.nz

Coping skills

Coping skills are ways in which an individual or their family uses personal, financial and community resources to help to handle the strain of stress.

The Five Ways to Staying Ship Shape



Adapted courtesy The Mental Health Foundation of New Zealand www.mentalhealth.org.nz

The Five Ways to Staying Ship Shape

Connecting: with others and feeling close to and valued by others, including at work, is critical to boosting wellbeing.

Keep Learning: Being curious and seeking out new experiences at work and in life more generally positively stimulates the brain.

Be Active: Being physically active, including at work and home improves physical health and can improve mood and wellbeing and decrease stress, depression and anxiety.

Give: Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing.

Take Notice: Paying more attention to the great things around us and the present moment boosts our wellbeing. Savour the good weather, enjoy the sunset or sunrise!

Let's take a closer look at these:



Talk, listen, and connect with others such as marine farmers, whānau and friends. Those living with a mental health condition

often withdraw from others, so keep an eye out for those who don't come to events, parties or BBQs anymore! Missing friends and Whanua when at sea is a key concern for seafarers, so consider these tips:

- › When at sea set a contact schedule with your whānau and friends if possible.
- › Connect with crew and build a strong team that is comfortable asking each other "Are you Ship Shape Mate?".

- › Importantly remember your partner and whānau are left alone and also have struggles when you are away, so be understanding and patient when talking to them at home or from sea and give them time when you are back.
- › Find someone to talk openly with about your worries and struggles.
- › Connections with trusted people are the cornerstone of wellbeing, so invest time in developing them and get yourself out there.



Giving means to give your time, attention and presence. Carrying out acts of kindness and sharing your time and stories can increase your happiness and your general

sense of wellbeing.

Give others who work at sea a helping hand, compliment a crew member, share stories, support a friend or whānau member and say thank you often!



Focus on the moment without worrying about all the stresses in your life. Notice the positive things around you like the good weather, the sunrise and sunset, the environment and the last good harvest and this will improve your mood. Give yourself a break. Reflecting on your

experiences and achievements in life no matter how big or small, will give you a lift as will savouring the moments when good things happen.

There are many positives to being at sea and we have the best workplace in the world. Many people will never see the greatness we see on a daily basis so take notice and enjoy.



Learning increases our self-esteem, keeps us connected and helps us adapt to change. Things like exploring new ideas, new marine farming,

rediscovering an old interest or hobby, or even doing a skipper's ticket can help your mental health.

Take a calculated chance, do something new, find something that will engage your mind and keep learning new things.



The fifth and final way to staying Ship Shape is being active. Getting physically active every day is great for both our bodies and minds. Research has shown that it can really improve our mood and overall wellness, and it decreases depression, stress, and anxiety.

Being active means any form of physical movement, such as helping the crew on deck, getting out of the chair a bit and walking with your whānau and friends when home. Any activity undertaken on a regular basis will improve your physical and mental health.

➤➤ **Mental health needs work just like everything else in our lives.**

If you follow “The Five Ways to Staying Ship Shape” every day, it will help improve your overall health and wellbeing!

Coping skills: continued

Getting a good sleep:

Marine farmers can struggle to achieve regular sleep routines. To achieve the best sleep possible:

- › Keep active but avoid too much exercise just before bed.
- › Avoid the chemical haze: alcohol, tranquilisers, cigarettes, and caffeine.
- › Eat your biggest meal early in your working day, eat lighter meals - higher carbs, lower protein - closer to bed

time. Remember to prepare healthy meals/snacks for when at sea and eat three meals a day while on shore.

- › Make sure the place where you are sleeping is dark - the darker the better.
- › Make the most of down-time on the boat by power napping (30 or 90 minutes) and remember to stop to take breaks (relax at least 20 minutes a day).



Prioritise:

- › Make a list of everything you want to do while the weather is poor and you're not working. Be realistic.
- › Prioritise tasks and do the important ones when your energy is high and resources are available.
- › Break down tasks into bite sized chunks.
- › Combine similar trips and tasks.
- › Delegate as much as possible. Can you share some tasks with another crew?
- › Can a spouse, kids or business partner take over some onshore tasks?
- › Organise your paperwork and create a filing system that works for you.
- › Avoid time-wasters. When you're interrupted, let them know you can't spend time now, and arrange to call or visit them soon.
- › Admit when you have too many priorities.
- › Ask for help.
- › Strengthen your relationships with others - HAVE SOME FUN!



Laugh, it makes you feel good!

Laughter is critical for relaxation and wellbeing. It's **FREE**, low calorie, and available without a prescription.

When you laugh...

- > 17 muscles in your face relax
- > blood circulation is improved
- > respiration is increased
- > muscles in your abdomen are massaged
- > the brain's natural pain killers are stimulated through the release of endorphins

Now that you are **AWARE...**

You are aware of your stressors and have identified what you can and cannot control.

Use this section to remind you how to **Stay Ship Shape** in difficult times.

Who can I connect with and how?

How can I give?

What can I take more notice of?

What could I learn more about?

How can I stay active onboard and at home?

Acknowledgements

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Every care has been taken to provide accurate information in this booklet, but the authors are not liable for any results that arise from the application of this material.

Further support

National organisations

[Firstmate.org.nz](https://www.firstmate.org.nz)

We're here with the guidance, direction and support to make sure you can navigate the pressures and complexities that come with the job and rise to any potential challenges. Visit us online or give us a call on 0800 ADRIFT any day between 7am and 10pm and let's talk through what you need to stay on course.

[mentalhealth.org.nz](https://www.mentalhealth.org.nz)

The Mental Health Foundation of New Zealand is a charity that works towards creating a society free from discrimination, where all people enjoy positive mental health & wellbeing. Improving individuals, whānau, organisations and communities.

[healthnavigator.org.nz](https://www.healthnavigator.org.nz)

The Health Navigator website provides one place for New Zealanders to find reliable and trustworthy health information and self-care resources.

[health.govt.nz](https://www.health.govt.nz)

The Ministry works across the health sector to deliver better health outcomes for New Zealanders.

National helplines

[1737](https://www.1737.org.nz)

Need to talk? Free call or text 1737 any time for support from a trained counsellor.

[Lifeline](https://www.lifeline.org.nz)

0800 543 354 (0800 LIFELINE) or free text 4357 (HELP).

[Suicide Crisis Helpline](https://www.suicidecrisis.org.nz)

0508 828 865 (0508 TAUTOKO)

[Healthline](https://www.healthline.org.nz) 0800 611 116

[Samaritans](https://www.samaritans.org.nz) 0800 726 666

Depression - specific helplines

[Depression Helpline](https://www.depression.org.nz)

0800 111 757 or free text 4202 (to talk to a trained counsellor about how you are feeling or to ask any questions).

[depression.org.nz](https://www.depression.org.nz)

includes The Journal online help service

[SPARX.org.nz](https://www.sparx.org.nz)

Online e-therapy tool provided by the University of Auckland that helps young people learn skills to deal with feeling down, depressed or stressed.

Sexuality or gender identity helpline

[OUTLine NZ](https://www.outline.org.nz)

0800 688 5463 (OUTLINE) provides confidential telephone support.

Helplines for children and young people

[Youthline](https://www.youthline.org.nz)

0800 376 633, free text 234 or email talk@youthline.co.nz or online chat

[thelowdown.co.nz](https://www.thelowdown.co.nz)

or email team@thelowdown.co.nz or free text 5626.

[What's Up](https://www.whatshisup.org.nz)

0800 942 8787 (for 5–18 year olds). Phone counselling is available Monday to Friday, 12noon–11pm and weekends, 3pm–11pm. Online chat is available from 3pm–10pm 7 days a week, including all public holidays.

Help for parents, family & friends

EDANZ

Improving outcomes for people with eating disorders and their families. Freephone 0800 2 EDANZ or 0800 233 269, or in Auckland 09 522 2679. Or email info@ed.org.nz.

Parent Help

0800 568 856 for parents/whānau seeking support, advice and practical strategies on all parenting concerns. Anonymous, non-judgemental and confidential.

Other specialist helplines

Alcohol and Drug Helpline

0800 787 797 or online chat.

Are You OK

0800 456 450 family violence helpline.

Gambling Helpline

0800 654 655

Anxiety NZ

0800 269 4389 (0800 ANXIETY).

Seniorline

0800 725 463 A free information service for older people.

Shine

0508 744 633 confidential domestic abuse helpline.

Quit Line

0800 778 778 smoking cessation help

Family Services 211 Helpline

0800 211 211 for help finding (and direct transfer to) community based health and social support services in your area.

Skylight

0800 299 100 for support through trauma, loss and grief; 9am–5pm weekdays.

Yellow Brick Road

Supporting families towards mental wellbeing.

Vagus Line

0800 56 76 666 (Mon, Wed, Fri 12 noon – 2pm). Promote family harmony among Chinese, enhance parenting skills, decrease conflict among family members (couple, parent-child, in-laws) and stop family violence.

Women's Refuge Crisisline

0800 733 843 (0800 REFUGE) (for women living with violence, or in fear, in their relationship or family).

Shakti Crisis Line

0800 742 584 (for migrant or refugee women living with family violence).

Rape Crisis

0800 883 300 (for support after rape or sexual assault).

Self help apps (free)

Day Break

Apple

<http://bit.ly/AppleDayBreakApp>

Android

<http://bit.ly/AndroidDayBreakApp>

An app to help you change your relationship with alcohol.

Smiling Mind

Apple

<http://bit.ly/AppleSmilingMind>

Android

<http://bit.ly/AndroidSmilingMind>

Simple guided meditation exercises to help develop mindfulness for the whole family.

Beyond Now

Apple

<http://bit.ly/AppleBeyondNow>

Android

<http://bit.ly/AndroidBeyondNow>

A suicide safety planning app to assist with developing a structural plan to work through when experiencing suicidal thoughts or crisis.

Calm

Apple

<http://bit.ly/AppleCalm>

Android

<http://bit.ly/AndroidCalm>

A guided meditation app to help reduce stress, improve sleep and improve well-being.





✦ As a first port of call for local mental health services, consult your GP or local Community Health Service for information and referral if required.

Seafood specific contacts

Wellbeing		
FirstMate 0800 ADRIFT	0800 237438	www.firstmate.org.nz
Organisations		
Aquaculture NZ	03 548 8944	www.aquaculture.org.nz
Marine Farming Association	03 578 5044	info@marinefarming.co.nz
The Paua Industry Council	04 385 4005	www.paua.org.nz
Seafood NZ	04 385 4005	www.seafood.co.nz
FishServe	04 460 9555	www.fishserve.co.nz
Shipwreck Welfare Trust	04 802 1501	admin@nzswt.co.nz
Government Agencies		
Ministry for Primary Industries	0800 00 83 83	www.mpi.govt.nz
Maritime NZ	0508 732 237	www.maritimenz.govt.nz
Inland Revenue Department	0800 775 247	www.ird.govt.nz
Ministry of Social Development	0800 559 009	www.msd.govt.nz
Accident Compensation Corporation (ACC)	0800 101 996	www.acc.co.nz
Ministry of Justice	0800 268 787	www.justice.govt.nz





For support or advice call
0800 ADRIFT
0800 237438

www.firstmate.org.nz