

WHERE TO GO FOR WELLBEING AND WELFARE SUPPORT ...

YOUR MANAGER

Your manager is here to support you in your RNLI role, and is the first port of call for you to raise any concerns or emerging issues.



MENTAL HEALTH FIRST AID

Have a confidential chat with an RNLI Mental Health First Aider if you have a mental health concern, or you are concerned about someone else.

mhfa@rnli.org.uk



WELFARE ADVISER

The Welfare Adviser provides confidential support and signposting in times of difficulty.

+44 (0)7824 866046
welfare@rnli.org.uk

EXTERNAL SUPPORT

Contact your GP

samaritans.org / 116 123

pieta.ie (Ireland) / 1800 247 247

mind.org.uk

TRiM

A confidential and voluntary peer support programme assisting people who have been exposed to a potentially traumatic incident as part of their RNLI role.

COIR UK: 0800 011 3129
COIR Ireland: 1800 200 376
trim@rnli.org.uk

FINANCIAL SUPPORT

The Personal Injury Benefit scheme, for volunteers:
welfare@rnli.org.uk

The Lifeboat Benevolent Fund, for current and former crew and lifeguards:
lbf@rnli.org.uk



OCCUPATIONAL HEALTH

Provides impartial advice when someone's role may be adversely impacting their health – or their health impacting their ability to perform their role.

+44 (0)1202 663567
ohservices@rnli.org.uk



SUPPORT 24/7

A free, independent and confidential support service.

Please log in to Horizon using your RNLI email address and password, or speak to your RNLI manager for more information.