

WHERE TO GO FOR WELLBEING AND WELFARE SUPPORT ...



YOUR MANAGER

Your manager is here to support you in your RNLI role. Let them know if you have any concerns.



MENTAL HEALTH FIRST AID

Connect with a Mental Health First Aider for a confidential chat:

mhfa@rnli.org.uk



WELFARE ADVISER

Call, text or email the Welfare Adviser for support:

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

EXTERNAL SUPPORT

Contact your GP
samaritans.org / 116 123
pieta.ie (Ireland)
mind.org.uk

TRiM

Peer support for people exposed to traumatic incidents as part of their RNLI role:

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

FINANCIAL SUPPORT

The Personal Injury Benefit scheme:

welfare@rnli.org.uk

The Lifeboat Benevolent Fund: lbf@rnli.org.uk



OCCUPATIONAL HEALTH

Get in touch with the team:

+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.