



**NATIONAL UNION OF SEAFARERS OF INDIA**

# NUSI SAHARA

( a psychological helpline to assist seafarers and their families )

**Are you under stress, depression or psychological pressure ?**



**Call**



**NUSI SAHARA**

**1800-300-26145**

How to get in touch with "NUSI SAHARA". It is totally free.

1. For seafarers and their families in India

Call on 1800-300-26145 (toll free - no charge) and talk to the Counsellor



2. For seafarers onboard outside India

Step 1 - Download 'Skype' (an internet software application used for communication available on Google play)



Step 2 - Open Skype and search for "NUSI Sahara" (see NUSI logo)



Step 3 - Call when WiFi is available and speak to the Counsellor



Step 4 - You can also Chat with the Counsellor



**Tension Na Lo, Call Karo. You are not alone, NUSI SAHARA is with you.**