

If you're feeling worried about something or feel like you want to talk to someone about any concerns you are having there is lots of support available to you.

Visit **The Insider** for full details of all resources and support available including EAP.

On board: 2222-2222-2222 then 222-222

In the UK: 0800 917 5319

Anywhere else in the world: Call your operator for a no call charge and state number: +44.2033183154

Online: guidanceresources.com (web ID: CarnivalEAP)

Shore EAP -  validium

In the UK: 0800 3 58 48 58

Outside UK: +44 141 271 7179

For online support join vClub at validium.com

Username: Carnival Password: Harbour





Heroes of 'safe and well'

It's important to be kind and compassionate to ourselves as well as others.

Try using our checklist to stay on top of your wellbeing needs as well as the needs of those around you.

- Take a moment to think about today

- Acknowledge one thing that was difficult about your day and let it go

- Consider 3 things that went well

- What could you do differently and improve on tomorrow?

- Are your colleagues OK? Could you take the time to support anyone more?

- Are you OK? Would you benefit from talking more to a colleague, friend or any of Carnival UK's support teams in place?

- Now switch your attention, rest and recharge.



Heroes of 'safe and well'

Show your colleagues some care by taking time to check in with them.

If you think a colleague could benefit from support;

LOOK

Are they displaying any signs of stress such as; avoiding others, irritability, anxiety, not eating, not sleeping, body pain, nausea, exhaustion?

LISTEN

A problem shared is a problem halved! If you think a colleague is struggling, ask them **"Are you OK?"** Be kind, empathetic and non judgemental, a listening ear can go a long way.

LINK

You don't need to have all the answers to everyone's problems. Instead, show them where to access support and resources themselves and link people up with those who can support them.

