

# BE A BUDDY

## - NOT A BULLY

*How to act when experiencing  
harassment and bullying*



### **WANT TO BE A BUDDY?**

You can make a difference if you experience harassment and bullying.  
Get the guide online [www.shw.dk/chikane-og-mobning](http://www.shw.dk/chikane-og-mobning)

### **HELPLINE**

We offer seafarers and shipowners confidential, neutral counselling  
and guidance on harassment and bullying at sea.  
Call us or send an SMS: +45 6015 5824  
Email us: [helpline@shw.dk](mailto:helpline@shw.dk)

SEA HEALTH & WELFARE

