



Supporting seafarers in the Persian Gulf

In response to the ongoing situation in the Strait of Hormuz, Gard, in collaboration with Helse Bergen, is sharing timely guidance to support the health and wellbeing of seafarers currently operating in the region.

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The guidance letter below – which has also been distributed directly to clients and vessels in the affected area – provides information on available 24/7 medical and social support services, as well as practical advice on managing uncertainty and stress. It also includes guidance on how crew members can support colleagues in a highly challenging situation.

[Information letter to seafarers in the Persian Gulf](#)

For additional insights and resources related to the ongoing conflict in the Middle East, please visit our dedicated [Hot topic page](#) .



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