

**DEPRESSED?**  
**Don't suffer in silence**

**Talk it Out**

Contact Counsellor  
Ms. Harshali Kotekar  
using any of the means below:

SMS/ Call/ WhatsApp:  
[+91-7045976972](tel:+91-7045976972)

Drop in an Email at:  
[hr2@executiveship.com](mailto:hr2@executiveship.com)

*All exchanges will be treated in  
strict confidence between  
Counsellor and Seafarer ONLY.*

