

Loss Prevention 10 Oct, 2023

"Mental health is a Universal Human Right"



Emma Forbes-Gearey
Loss Prevention Officer

As we celebrate World Mental Health Day today, we would like to highlight the importance of a healthy working environment for Seafarers, which is productive to good mental health, lowers stigma, and promotes support.

"Mental health is a universal human right"

This year's theme is to raise awareness and gain knowledge regarding mental health and acknowledge that mental health is a basic human right for all including seafarers. Unfortunately, sea is one of the most challenging environments on the planet and this cannot be changed. Seafarers can be isolated and may not have the ability to access resources when they are struggling with their mental health, therefore it is important their wellbeing is supported.

Organisations such as Sailors society, our charity partner, offer essential helplines and support groups for seafarers. Their resources can be found [here](#).



What can companies do?

Although some factors that contribute to seafarers' mental health issues are beyond the company's control, they can still focus on mitigating the potential impact or likelihood of these risks through these steps:

1. Prioritising mental health promotion in the same manner as health, welfare, and safety.
2. Consultations with crew members.
3. Training for seafarers in identifying and recognising stressful situations.
4. Interviews with seafarers regarding post-sick leave when they return to work.
5. Looking into staff suggestion surveys.
6. Place senior officers on Mental Health Awareness and Wellbeing training courses.



More information can be found in our Loss Prevention Bulletin on Mental Health.



Mental Health - Loss Prevention Bulletin