

# Mental Health

## What is Mental Health?

The social, psychological and emotional well-being of an individual. An important component of overall wellness onboard.



### Examples of Mental Health Problems

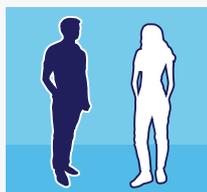
- Depression
- Bipolar Disorder
- Anxiety
- Obsessive Compulsive Disorder
- Schizophrenia
- Eating Disorders

## Signs and Symptoms

- Changes in behaviour or mood
- Changes in effectiveness at work
- Inability to focus or make decisions
- Changes in eating habits
- Signs of excessive alcohol use
- Signs of drug use

## Action Plan – This is an Emergency

Mental health must be openly and routinely discussed in the office and onboard. If someone is struggling, reach out and suggest the following:



Socialise with other crew members



Participate in a sport onboard



Reach out to family and crew



Play a game



Go to the gym



Watch a film

### Additional Help

The Sailor's Society is a Christian charity which is dedicated to caring for merchant seafarers they offer practical help, like phone cards to connect with loved ones at home.

Their global network allows them to offer a helping hand to seafarers. Helpline contact details can be found below:

**Emergency Helpline:** +1 938 222 8181

**Helpline instant chat:** [www.wellnessatsea.org/helpline](http://www.wellnessatsea.org/helpline)