



Mental Health in Maritime Information pack

Mental Health in Maritime

Coffee morning



Join us and industry guests to openly discuss Mental Health in Maritime

10:00 - 11:00 (UK time) **Thursday 20th May** [Joining details here](#)

 Maritime and
Coastguard Agency



MARITIME UK

Mental Health in Maritime Network

Our Mental Health Network was launched in May 2020 as part of the Diversity in Maritime programme.

Aims of the Network

1. To provide a collaborative platform to share information among all organisations, in support of aiding others to achieve and develop mental health management practices by: engaging, connecting and collaborating with organisations who have developed Mental Health and Suicide Prevention strategies for the UK maritime sector; bench-marking current training provisions and; providing bench-marking tools for the maritime sector against mental health standards.
2. To gather and share case studies profiling maritime organisations best practice guides and policies to assist and improve mental health across the sector including, but not limited to: time to speak and toolkits for bringing crews together onboard.
3. To provide individuals working in the maritime sector and companies with relevant information about mental health resources, best practice guides and toolkits including, but not limited to: creating a mentally healthy workplace; treating people well and; creating a safe space.

Join the Mental Health in Maritime Network:

<https://www.maritimeuk.org/priorities/people/diversity-maritime/networks/mental-health-maritime-network/>

Learn more about the Mental Health in Maritime Pledge:

<https://www.maritimeuk.org/priorities/people/diversity-maritime/diversity-pledges-and-charter/mental-health-maritime-pledge/>

We invite you to attend one of our upcoming Lunch and Learn sessions as part of our Creating a Culture of Care project:

Wednesday 2 June	12:00 – 13:30	Mental Health and Wellbeing terminology and language - demystifying myths	ONLINE
Monday 28 June	11:00 - 12:30	Barriers to talking about mental health in the industry	ONLINE
Thursday 16 September	12:00 – 13:30	Breaking down Stigma	LINK TO FOLLOW
Monday 11 October	12:00 - 13:30	Suicide prevention: What does resilience mean?	ONLINE



**Looking after the health and
welfare of seafarers and
their families since 1821**

Mental Health campaign: #Togetherall

<https://seahospital.org.uk/help-for-you/mental-health-and-wellbeing/>



The Mission to Seafarers 'We care' project:

<https://www.missiontoseafarers.org/wecare>

Sustaining Crew Welfare Campaign

<https://www.missiontoseafarers.org/sustaining-crew-welfare-campaign>



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Seafarers Happiness Index

What is The Seafarers Happiness Index?

The Mission to Seafarers launched the Seafarers Happiness Index in 2015 as a way to gauge the thoughts and feelings that seafarers have about their lives at sea.

Our aim is to get the opinion of the overall seafaring community to help us understand the good and bad aspects of this challenging career path to help us build a case for change in the industry.

We publish a snapshot this report quarterly so that we maintain a regular watching brief to help us communicate the aspects of the role which are improving as well as any that are worsening..

Where Can I See Seafarers Happiness Index Reports?

We have launched a separate website called [Happy at Sea](http://www.happyatsea.org) through which we regularly publish worldwide seafarer's' statistics reflecting the findings of the latest Seafarers Happiness Index.

It provides us with the opportunity to regularly let the shipping industry know about any changes which need to be made so as to ensure the happiness of seafarers in their everyday lives at sea.

This is a global survey, aiming to reflect the views of seafarers from all nationalities and cultures across the world.

How is the Survey Conducted?

Data for the Seafarers Happiness Index is collected via a 10 question survey.

The questions asked aims to collect the thoughts and feelings of seafarers on their lives at sea, focusing on a range of different issues.

Areas that we cover include mental health, physical wellbeing, general working life and also family contact. We can then analyse these results of quarterly to compare how things have changed over this period.

This allows us to highlight any particular areas of seafarers' lives that have worsened. It also provides an insight to the industry what changes appear to have had a positive impact on the lives of seafarers globally as well as regionally.

www.happyatsea.org



Maritime and Coastguard Agency

MCA Wellbeing at Sea: Guide for Organisations:

<https://www.tsoshop.co.uk/Transport/Maritime-and-Coastguard-Agency-MCA/?DI=652739>

Information on the potential long term wellbeing impacts of the pandemic on seafarers:

<https://www.gov.uk/government/publications/min-656-m-understanding-the-long-term-impacts-of-the-covid-19-pandemic-on-seafarer-wellbeing>

MCA Wellbeing at Sea: Pocketbook for Seafarers

<https://www.tsoshop.co.uk/bookstore.asp?ACTION=BOOK&PRODUCTID=9780115537875>

Wider issues regarding Seafarer wellbeing:

just culture –

<https://www.gov.uk/government/publications/a-just-culture-improving-safety-and-organisational-performance>

fatigue and fitness –

<https://www.gov.uk/government/publications/mgn-505-human-element-guidance-fatigue-and-fitness-for-duty>

deadly dozen (human performance) –

<https://www.gov.uk/government/publications/mgn-520m-human-element-guidance>



Seafarers' Advice & Information Line is the Citizens Advice service just for seafarers. Contact us for free advice on benefits, debt, housing and much more.

Phone 0800 160 1842 or email advice@sailine.org.uk

How we help

We offer a range of services including:

- › Information and advice
- › In-depth case work — where we contact official organisations or charities directly on your behalf
- › A specialist debt service — SAIL has a specialist quality mark for debt advice and is regulated by the Financial Authority for debt advice (FRN 617616)

Outreaches

We do outreach advice sessions at seafarer accommodation such as [Care Ashore](#) and at [Queen Victoria Seamen's Rest \(QVSR\)](#). If you'd like a SAIL adviser to come to advise a group of seafarers near you, please [contact us](#).

**citizens
advice**

Citizens Advice

SAIL is a Citizens advice service, so we aim to provide the advice people need for the problems they face and improve the policies and practices that affect people's lives.

We provide free, independent, confidential and impartial advice to everyone on their rights and responsibilities. We value diversity, promote equality and challenge discrimination.



A registered charity

**Whatever
you're facing
We're here
to listen**

Call free day or night on

116 123

Email

jo@samaritans.org

SAMARITANS

samaritans.org