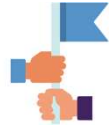




We are committed to improving the quality of mental health and wellbeing provision through action and support, at all levels, throughout our organisation and our industry.

## Our purpose



**We recognise that as executives we must be leading advocates for mental health and wellbeing, both within our organisations and in the maritime community.**

We aspire to work together and lead with visible action.

It is time for the maritime sector, through our leaders and our colleagues, to speak up and demonstrate compassion and understanding to those experiencing mental ill health by engaging in positive action.

## Our responsibility



**As leaders we are responsible for creating awareness that we all have a state of mental health. For those struggling with mental wellbeing, this may ultimately result in mental ill health. This is a growing concern in our society and across our industry.**

We all have a state of mental health, and as leaders we have a responsibility to raise awareness of the spectrum from thriving to struggling and potentially in mental ill health.

To do this we will empower people to thrive at work and be mentally healthy. This will enable people to have the skills, knowledge, and education to promote wellbeing, protect good mental health through welfare and the environment and ensure they have access to support when it is needed, thereby fostering a thriving culture of care.

## Our commitment



**We advocate and are committed to making a positive difference through action and support, not just within our organisations but also across the UK maritime sector and the broader maritime community. We commit:**

To establish working conditions and practices that foster a positive mental health state. We will help anybody struggling with their mental health and ensure they feel safe in the knowledge they have been heard and not judged.

To dispel the stigma of mental health issues by establishing an open and trusting environment that allows people to listen and talk. We will provide signposts to help from a range of recognised and trusted sources.

To ensure our workforce have the skills, knowledge, and education to help support individuals whilst working both on land and at sea.

## Mental Health in Maritime Pledge Signatories

**Simon Ashton**, Principal, South Shields Marine School

**Christian Ayerst**, Chief Executive, Mental Health Support Solutions

**Richard Ballantyne**, Chief Executive, British Ports Association

**Darrell Bate**, Director of Maritime Training and Development, Marine Society & Sea Cadets

**Simon Brebner**, Chief Executive, Peterhead Port Authority

**John Burden**, Managing Director, Isca Wellbeing Ltd

**Hugh Callaway**, Managing Director, Humber Maritime College

D. Chadburn

**Captain Derek Chadburn**, Honourable Company of Master Mariners

**Tom Chant**, Chief Executive Officer, Society of Maritime Industries

**Robert Courts**, Maritime Minister, Department for Transport

**Tom David**, Managing Director, Avantis Inc

**Mark Dickinson**, General Secretary, Nautilus International

**Commodore David Eagles**, Royal Fleet Auxiliary

**Martin Foley**, Chief Executive Officer, Stella Maris

**Kerrie Forster**, Chief Executive Officer, The Workboat Association

**Elizabeth Garcia**, Director, Yacht Search Recruitment

**Richard Garforth**, HR and Training Manager, Bibby Marine Management

**Stuart Garrett**, Managing Director, NorthLink Ferries Serco UK & Europe

**Charles Hammond**, Chief Executive Officer, Forth Ports Limited

**Michelle Handforth**, Chief Executive Officer, Aberdeen Harbour Board

**Roger Harris**, Chief Executive Officer, iSWAN

**Dr Grahaeme Henderson OBE**, Global Head of Shipping & Maritime, Shell

**Gary Jeffreys**, Chief Executive Officer, CMA CGM UK

**Brian Johnson**, Chief Executive, Maritime and Coastguard Agency

**Herman Jorgensen**, Managing Director, GAC UK

**Sarah Kenny**, Chief Executive, BMT and Chair, Maritime UK

**Gwynne Lewis**, Chief Executive, IMarEST

**Lars Lippuner**, Director, Warsash Maritime School

**Rear Admiral Iain Lower**, Royal Navy

**Becki Mackay**, Global HR Manager, Cory Brothers Shipping Agency

**Chris McDade**, Vice President Gas Operations, Teekay Gas

**Tim Morris**, Chief Executive, The UK Major Ports Group

**Robin Mortimer**, Chief Executive Officer, Port London Authority and Vice Chair, Maritime UK

**Joe O'Neill**, Associate President, Chief Executive, Belfast Harbour

**Ashley Nicholson**, Associate President, UK Harbour Masters' Association

## Mental Health in Maritime Pledge Signatories



**Matt North**, Chief Operating Officer,  
Aberdeen Harbour Board



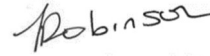
**Jon Oakey**, Chief Financial Officer,  
Aberdeen Harbour Board



**Henrik L. Pedersen**, Chief Executive  
Officer, Associated British Ports



**Dr Iain Percy**, Chief Executive Officer,  
Artemis Technologies



**Lesley Robinson**, Chief Executive Officer,  
British Marine



**Emma Ross**, Co Founder of Seas The  
Mind and MHFA England Instructor



**Alison Rumsey**, Chief Human Resources  
Officer, Associated British Ports



**Bob Sanguinetti**, Chief Executive  
Officer, UK Chamber of Shipping



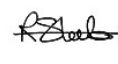
**Chris Shirling-Rooke**, Chief Executive  
Officer, Mersey Maritime



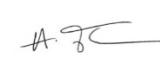
**Kevin Smith**, Founder/Director,  
Maritime Digital Hub



**Catherine Spencer**, Chief Executive  
Officer, Seafarers UK



**Richard Steele**, Chief Executive, Port  
Skills and Safety Ltd



**Harry Theochari**, Vice Chair,  
Maritime London/Senior Consultant,  
Norton Rose Fulbright



**Mark Todd**, Chief Executive, OYT South



**Cathy Wallwork**, Commercial Director,  
Virsec Ltd




**Bill Walworth**, Chair, Maritime Skills  
Alliance



**Sandra Welch**, Chief Executive Officer,  
Seafarers Hospital UK



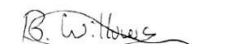
**Stuart White**, Business Unit Director,  
UK Health & Safety Director, Royal  
HaskoningDHV



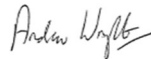
**Steve Williams MBE**, Operations Director,  
Portico Shipping



**Tom Willis**, Chief Executive,  
Shoreham Port



**Ben Willows**, Chief Executive Officer,  
UKSA



**Revd Canon Andrew Wright**, Secretary  
General, The Mission to Seafarers