





Mental Health: Learning from having walked a mile in their shoes

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#### **Mental Health: Introduction**



- § Facebook survey done
- 9 34 participants
- ® Different nationalities

Philippines	21 votes <b>61.8</b> %
Ukraine	9 votes <b>26.5</b> %
Bulgaria	2 votes <b>5.9%</b>
Russia	1 vote 2.9%
Romania	1 vote 2.9%

## Mental Health: Challenges for our crew



® Forget about Corona for the moment. When you are on board, what is your biggest challenge?

Being away from the family	ranking: 1.6 / 5
Have no free time and too much work	ranking: 2.7 / 5
Having too long contracts	ranking: 3.2 / 5
Getting not enough salary	ranking: 3.3 / 5
I do not like my colleagues on board	ranking: 4.1/5



## Mental Health: Challenges for our crew



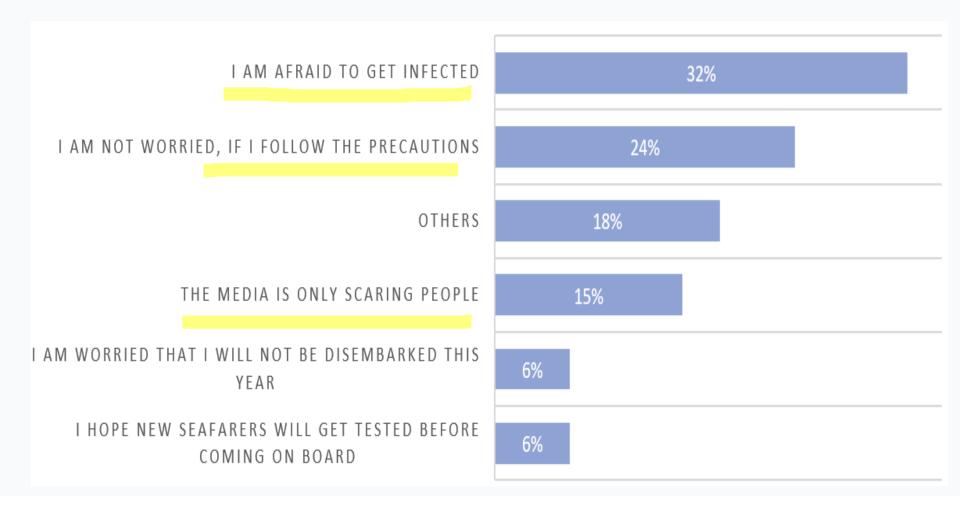
In times of Corona, we all have other problems. What is now important for you?

I am worried about the health of my family	ranking: 2.2 / 6
Being away from my family	ranking: 2.4 / 6
My contract is already finished and I am still on board	ranking: 3.9 / 6
It is difficult to keep any social distance on board	ranking: 3.9 / 6
I do not get enough news about my home country	ranking: 4.1 / 6
I cannot go ashore anymore	ranking: 4.5 / 6

#### **Mental Health: special concerns**



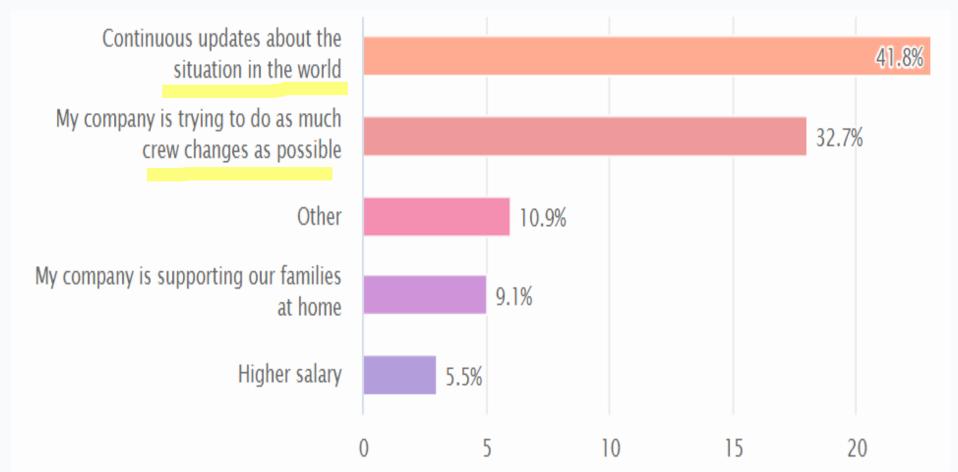
 Please let me know your personal concerns about the corona virus



#### Mental Health: company support



What support is your company providing you in these difficult times?

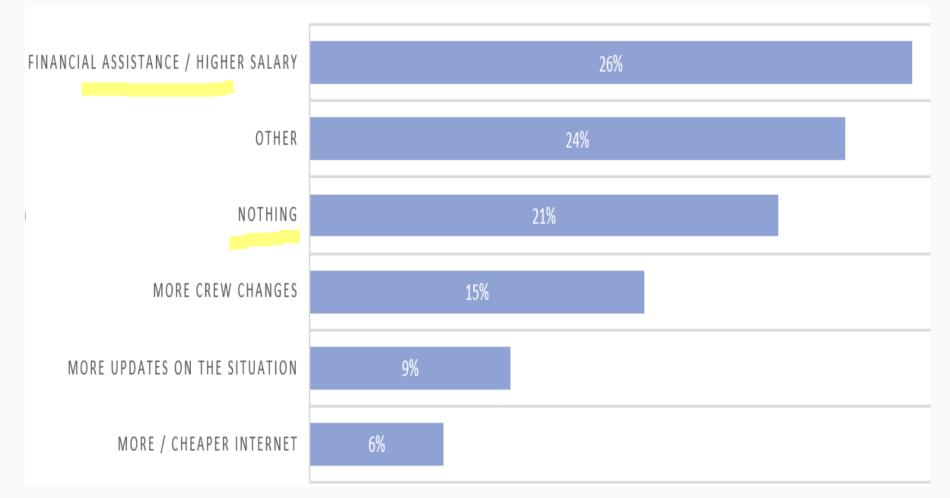




#### Mental Health: what to do better



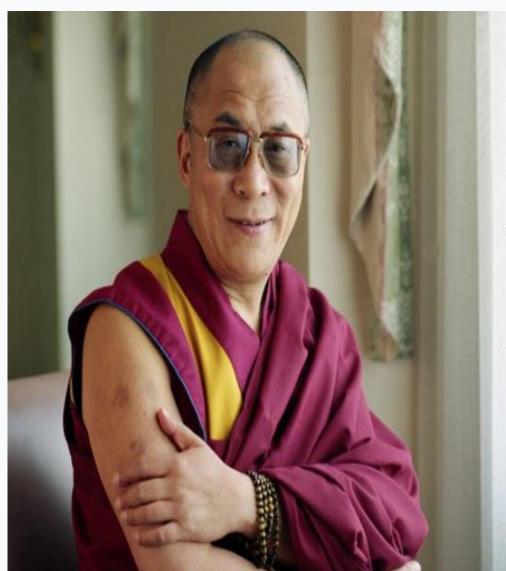
What else should your company do for you to make your situation better?





## **Mental Health: summary**





"A lack of transparency

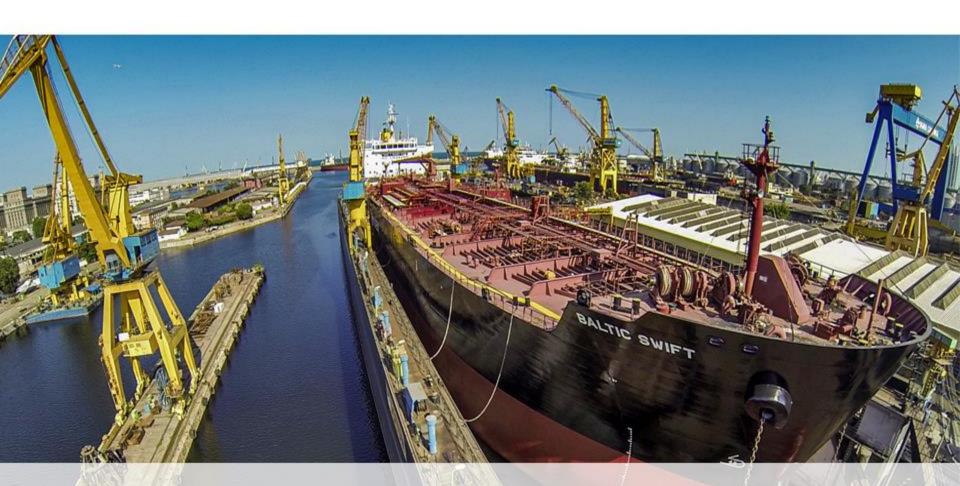
results in distrust and a

deep sense of insecurity"

- His Holiness the Dalai lama







# Thank You!

