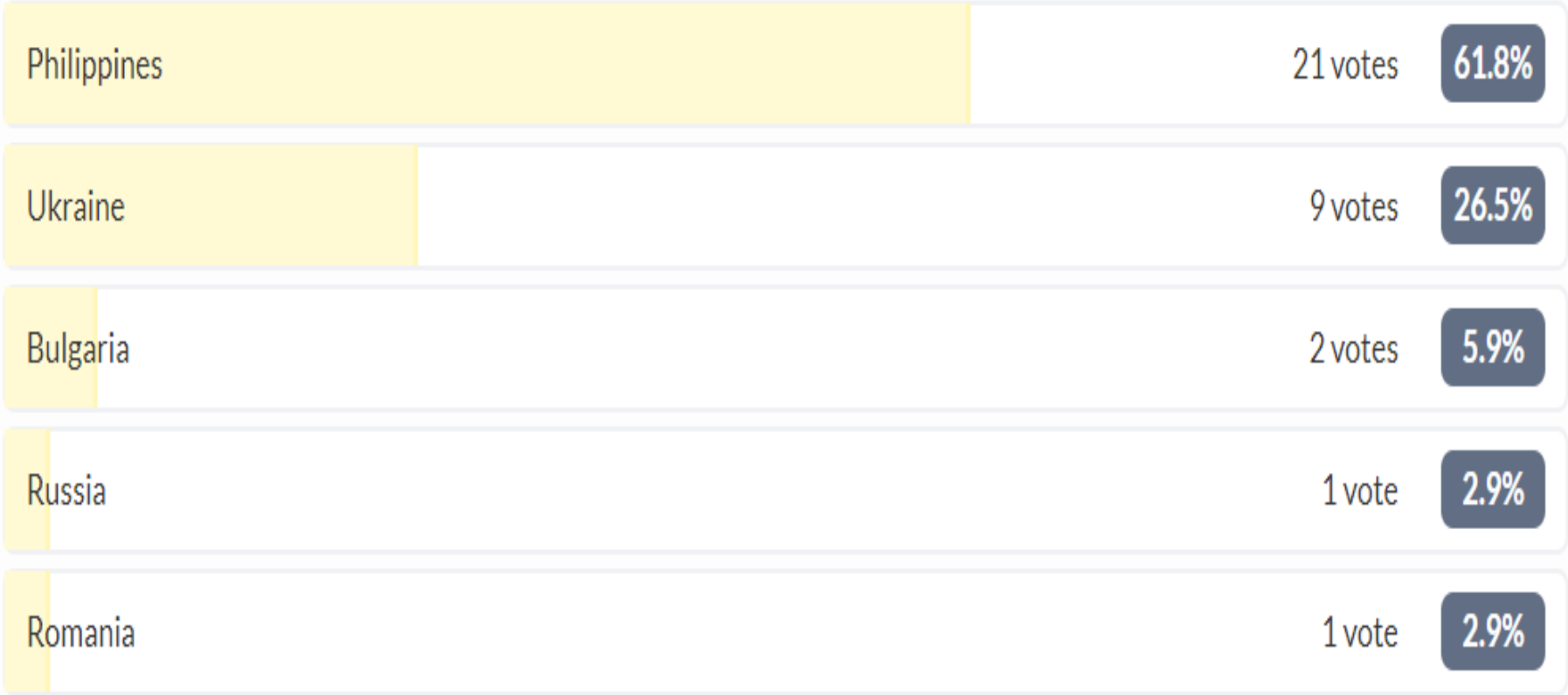


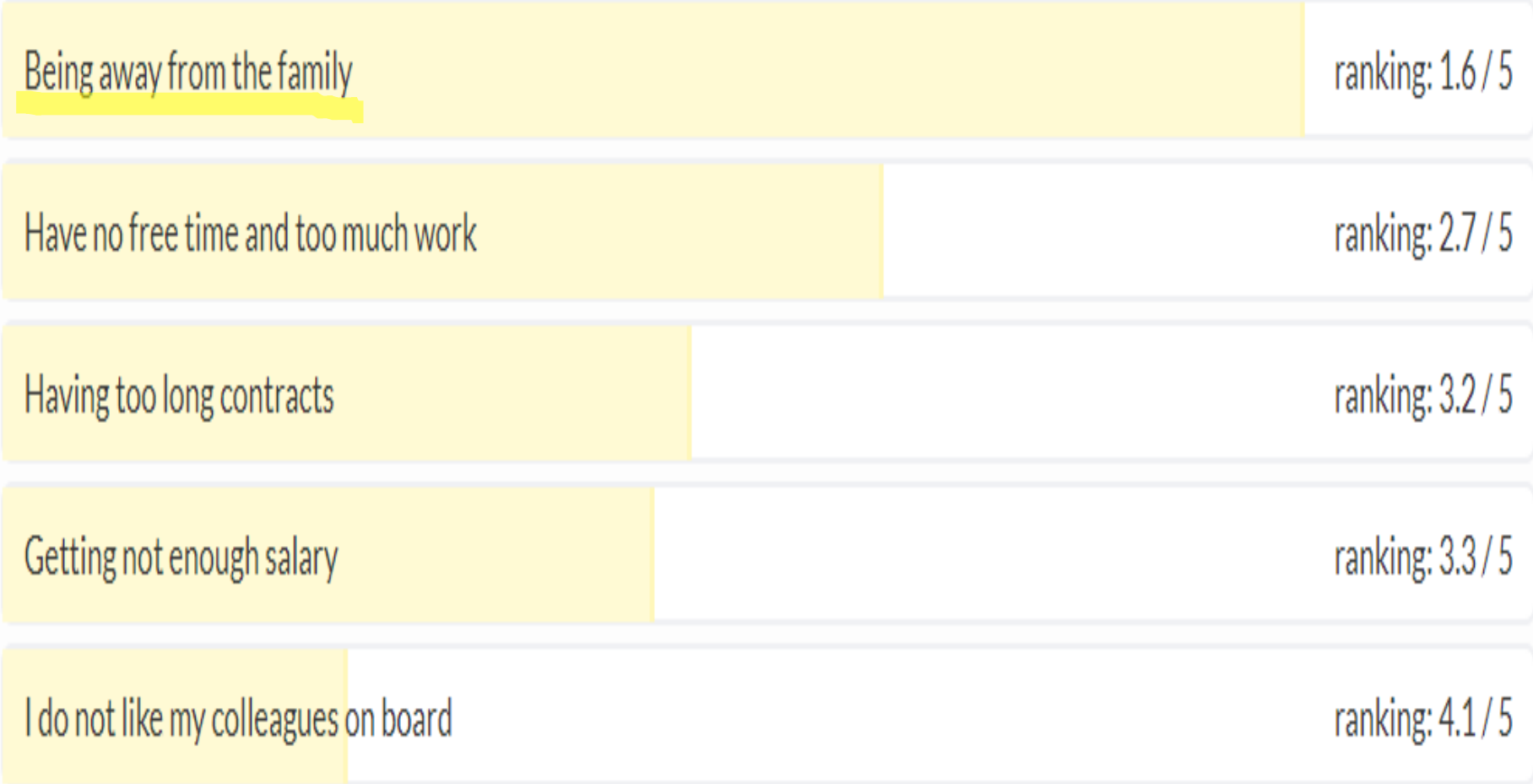


**Mental Health: Learning from having walked a mile in their shoes**  
**Ann-Kristin Siewert – Owners Representative**  
**INC Navigation – Manila, Philippines**

- 🌐 Facebook survey done
- 🌐 34 participants
- 🌐 Different nationalities

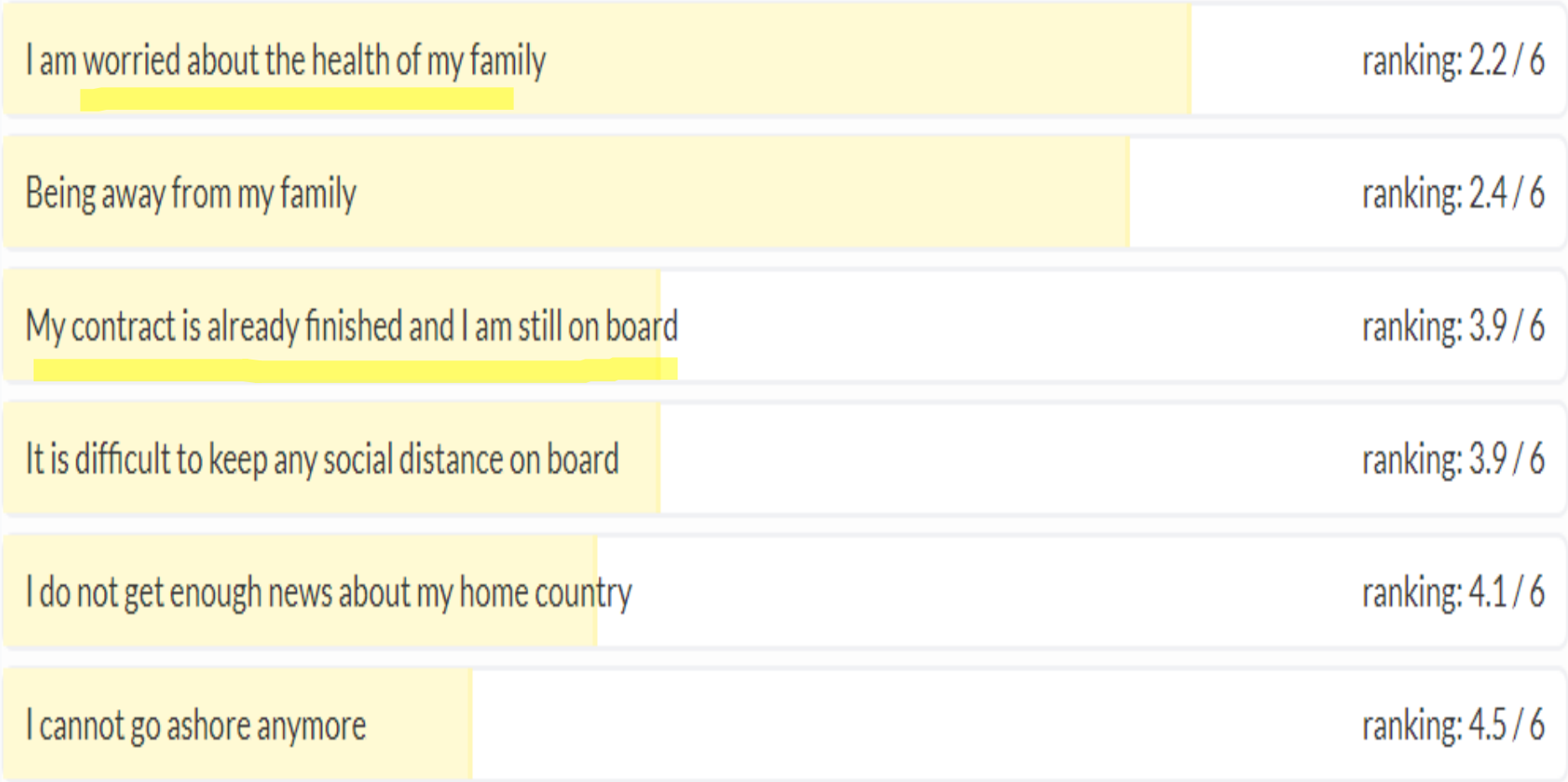


🕒 Forget about Corona for the moment. When you are on board, what is your biggest challenge?

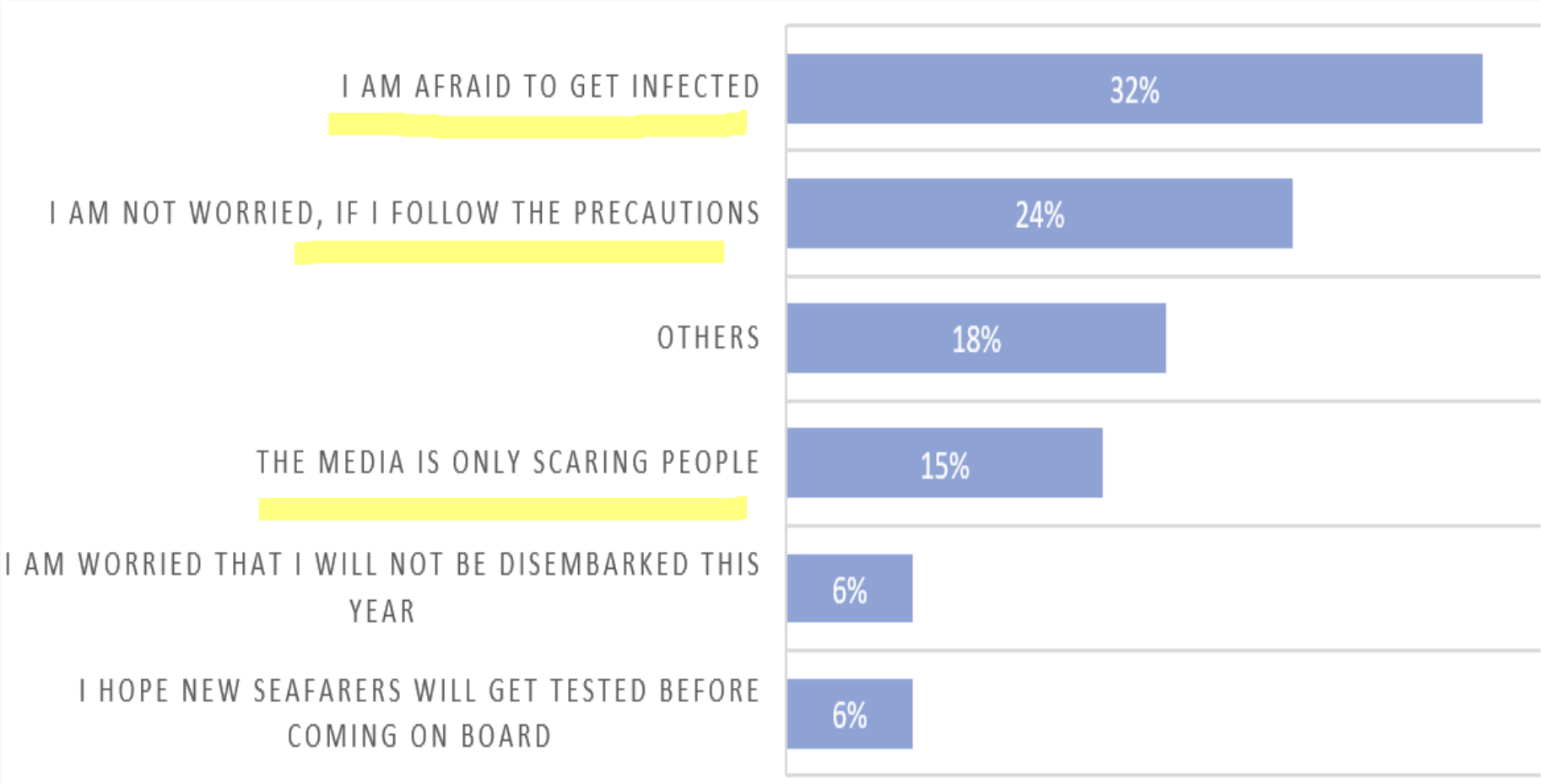


# Mental Health: Challenges for our crew

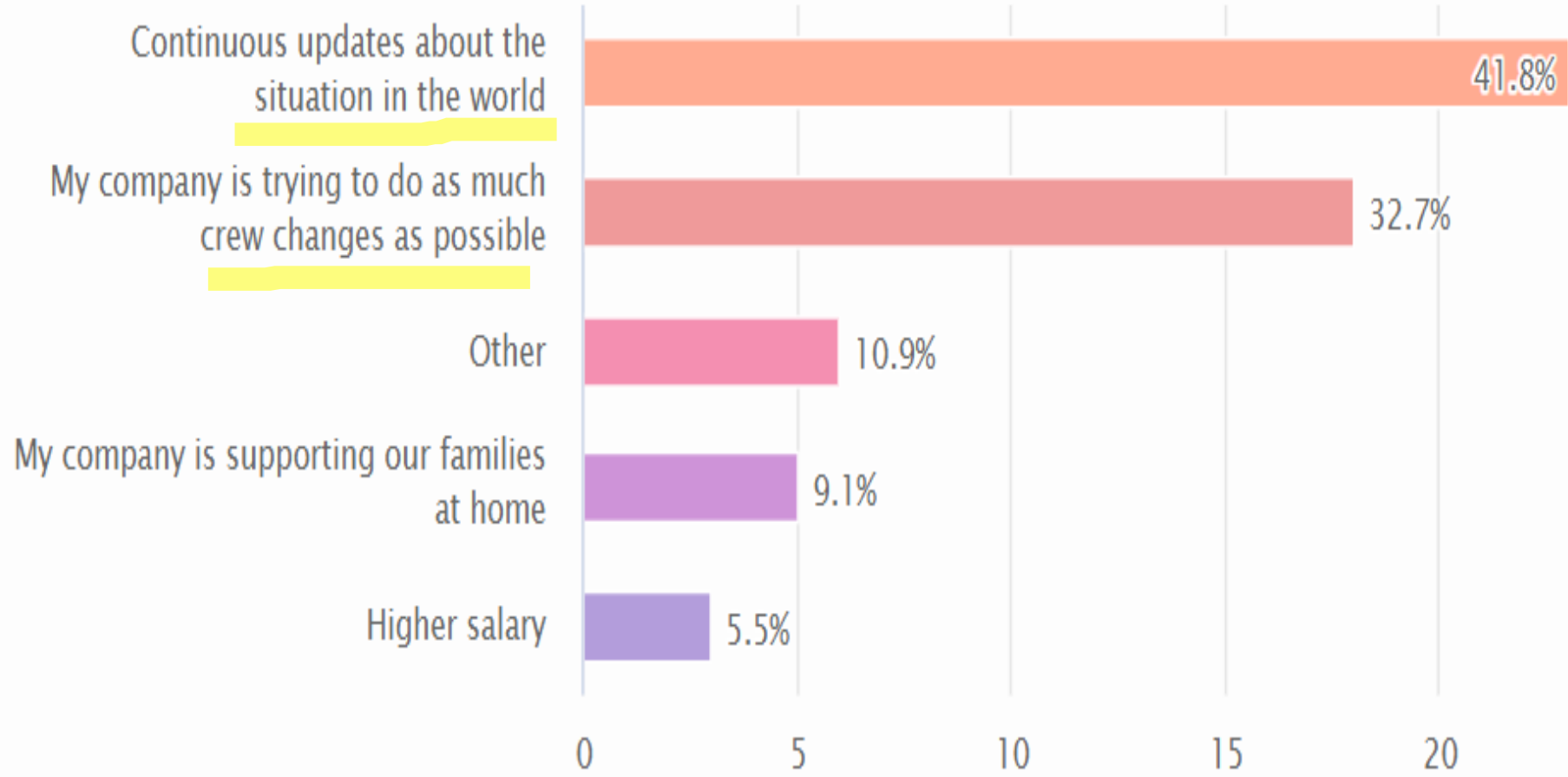
🕒 In times of Corona, we all have other problems. What is now important for you?



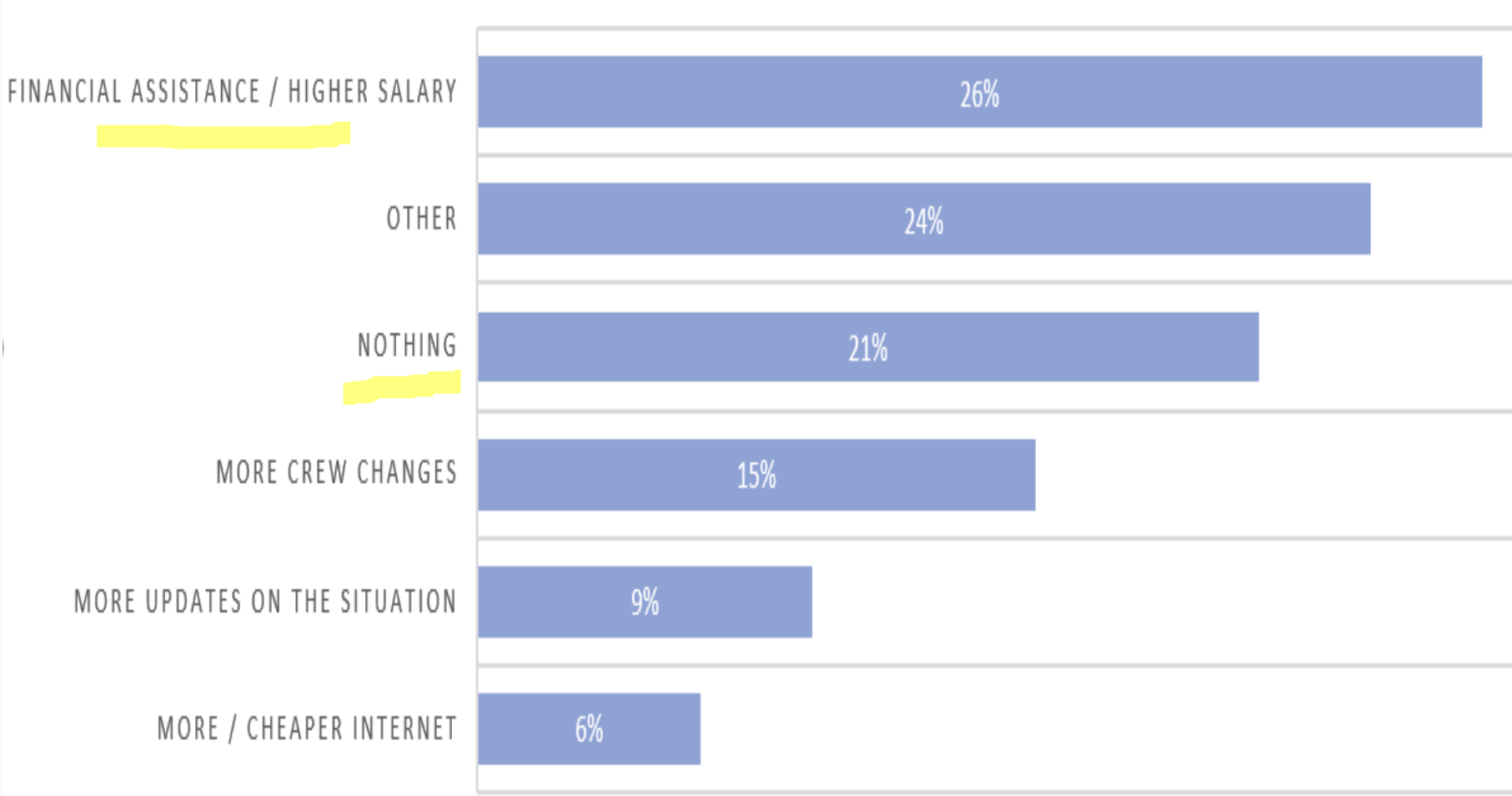
📍 Please let me know your personal concerns about the corona virus

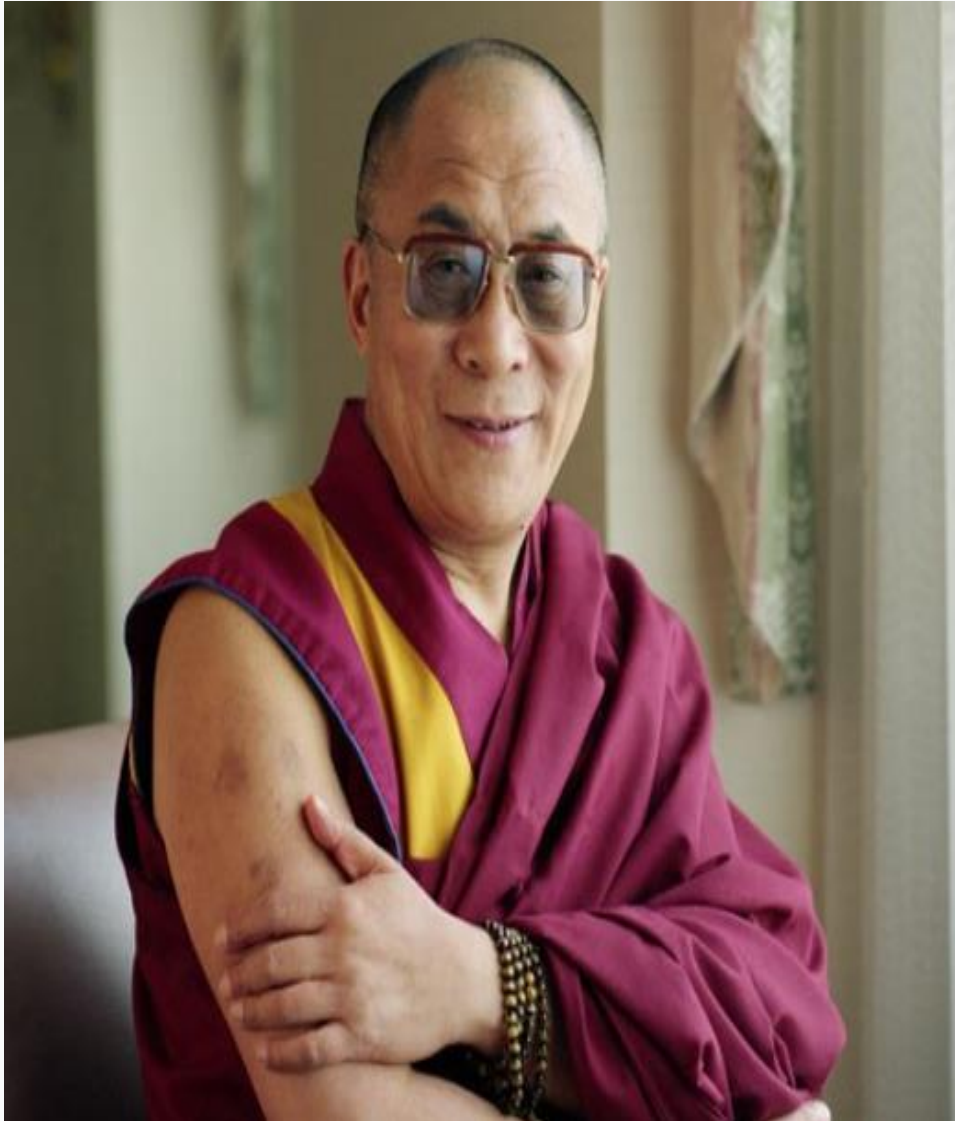


🌐 What support is your company providing you in these difficult times?



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





"A lack of transparency  
results in distrust and a  
deep sense of insecurity"

- His Holiness the Dalai lama





**Thank You!**