

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

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ISWAN



Who we are

- Charity which promotes the welfare and wellbeing of seafarers worldwide through projects and programmes
- Operate a free 24 hour, multilingual helpline SeafarerHelp which offers emotional support and practical guidance
- Regional programme provides seafarers with face to face support and region-specific initiatives in India, the Philippines and Nigeria.



Impact of COVID-19 on Seafarers

Job losses and financial issues

Extended contracts and even lengthier periods away from home

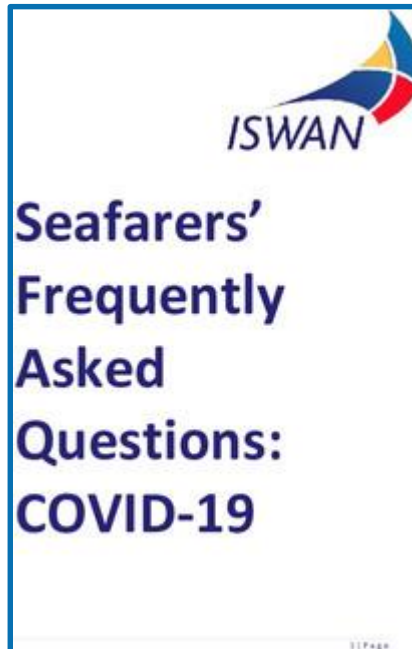
Difficulties getting home

Concerns about their own health

Worries about loved ones back home

Quarantine and social isolation on board

ISWAN resources for seafarers



ISWAN Hardship Fund

Seafarers Emergency Fund

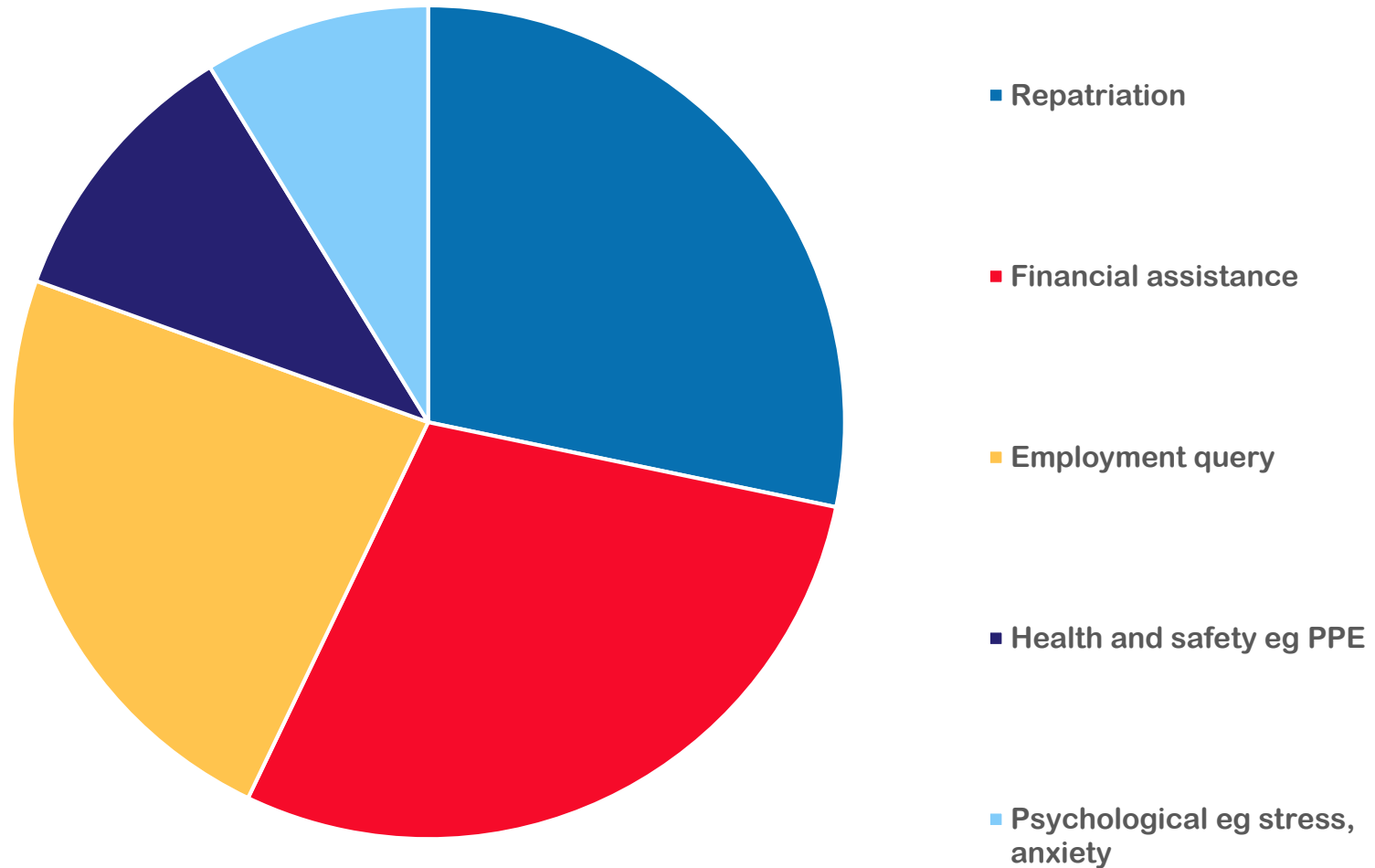




SeafarerHelp
The lifeline for seafarers

- Threefold increase in cases compared with the same period last year
- COVID-19 related cases affecting 7000 seafarers
- In the past month we dealt with 2000 calls and messages with seafarers and their family members - the largest number than ever before

Top COVID-19 SeafarerHelp cases



Recent case – seafarer in quarantine experiencing anxiety












- Seafarer working on a cruise ship contacted SeafarerHelp
- Crew had been laid off but were unable to leave the vessel
- Socially isolated in a dark cabin and poor Wi-Fi signal

The future?

- Recognition of seafarers' essential role
- A strong focus on mental health support for seafarers from ship owners and governments
- Continued efforts to increase connectivity on board ships
- Initiatives to encourage a strong social life on board



Thank you

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**Available Monday - Friday, 08:00-18:00 GMT only*



SeafarerHelp
The lifeline for seafarers

**Free, confidential and
available 24/7**