



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

SEAFARERS 1,200 in 4,100

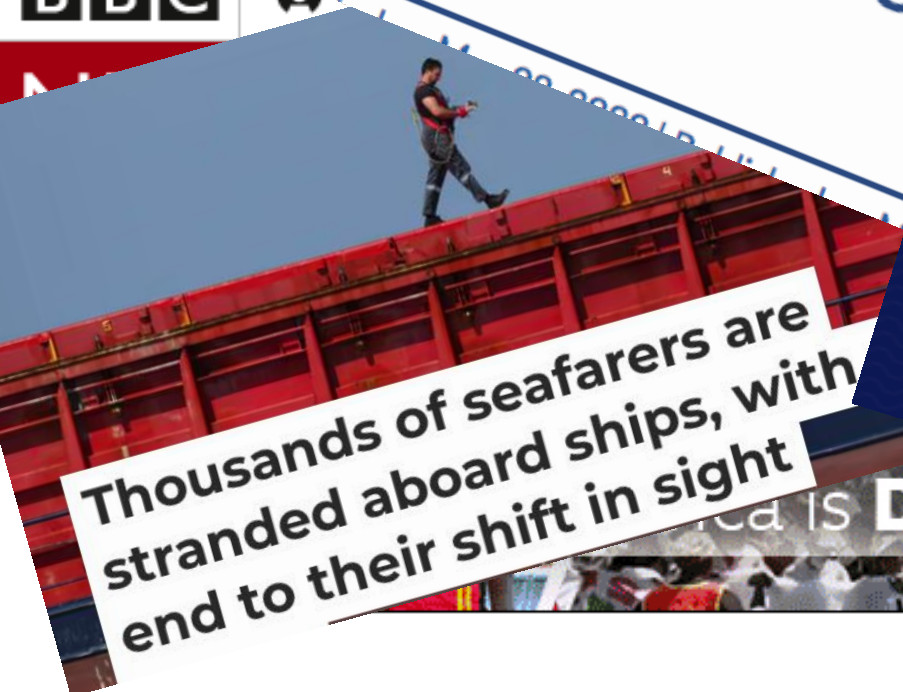
Following the COVID-19 pandemic situation and the travel restrictions in Singapore and Shanghai have resulted in crewmembers' transfers being delayed or stopped. Bloomberg reported. Specifically, the port restrictions and the outbreak has resulted, reduce the ability to replace ships.

Seafarers stuck onboard due to COVID-19 pandemic

Feeling all at sea: Seafarers' lives in limbo as pandemic throws crew change out of gear

9,892.50 ▲ 66.35 [0.68%]
338.80 ▲ 9.45 [2.87%]

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Thousands of seafarers are stranded aboard ships, with no end to their shift in sight

Members at work

Seafarer stuck at sea in plea for crew changes

Coronavirus: 'Up to 2,000' UK seafarers stranded



WELLNESS AT SEA





It has reminded me that It's all about the basics ...

We need to agree on what the basics are.

It has reminded that I am holistic, complex and multi-dimensional.

Thinking that a one-dimensional intervention will fix mental health is daydreaming.

Mental health issues are the result of a complex number of physical, biological, emotional, and environmental factors.



It has reminded me that we are stronger together ...

It has reminded me that there is strength in
community ...

It has reminded me that family is the cornerstone of
my life ...

WELLNESS AT SEA



One of the biggest challenges ...

... there is no standardized conceptual framework to understand the human element ...

... leading to a fragmented response.



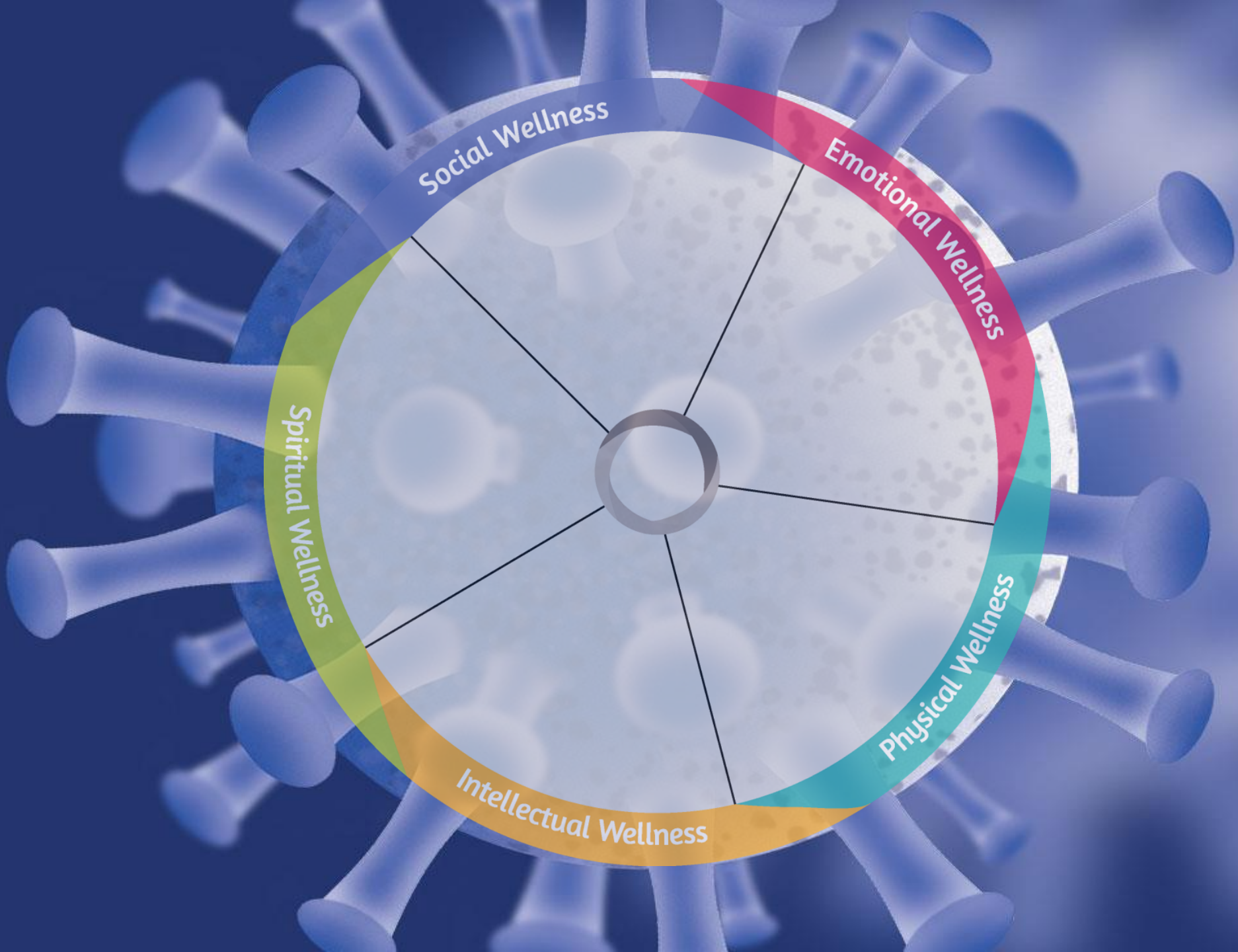


WELLNESS AT SEA



Safety at Sea

AWARDS 2018



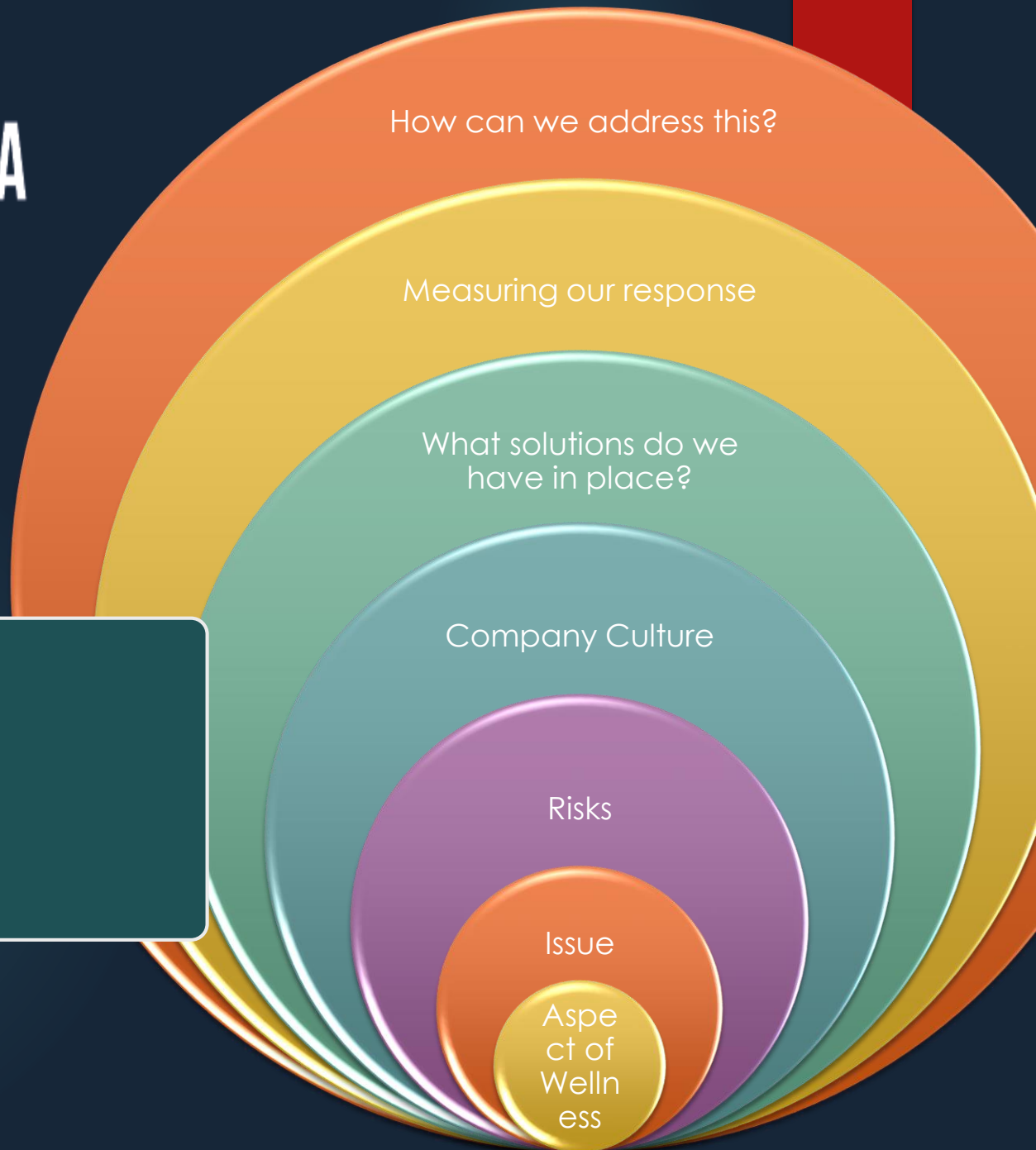
Social Wellness

Emotional Wellness

Physical Wellness

Intellectual Wellness

Spiritual Wellness



Measuring out response

Identifiers


- 1.Awareness
- 2.Policy
- 3.Responsibility
- 4.Resources
- 5.Reporting
- 6.Response
- 7.Training



WELLNESS AT SEA



Wellness at Sea is an outcome based conceptual framework that can assist companies to understand the human element in a comprehensive way.



if not now, when?

Lastly perhaps this:
It has reminded me that that this
can either be an end or a new
beginning.