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North

Mind Matters at Sea



MIND
MATTERS
AT SEA

Mind Matters at Sea

Information and resources for emotional wellbeing at sea

What is Mind Matters at Sea?

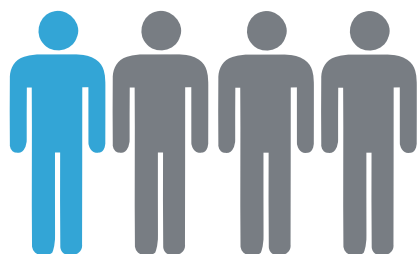
Mind Matters at Sea is a North crew care programme which incorporates our various initiatives in relation to mental health. It is designed to assist our Members in supporting the emotional wellbeing of their crew when at sea.

My Mind Matters at Sea

Mental health is such a wide and complex topic it is not possible to provide all potential advice and information in one easy to read leaflet. Instead, we believe it requires our long term commitment so that we can look at the main areas of concern in turn, provide updates as new information becomes available and respond to suggestions from both crew and Members.

We have therefore introduced a specialist website; My Mind Matters at Sea, which both Members and their crew can access directly, and which will be regularly updated.

Life at sea can be difficult; long periods away from home, limited shore time, difficulties of work, family pressures and possible exposure to traumatic incidents, are all part of the everyday life of a crewmember, and this can sometimes lead to stress, anxiety or depression. Increasingly it is recognised that not only is it important to consider the physical health of seafarers, but that their mental welfare is just as important.



One in four seafarers experience mental health issues at some time

Although mental health is an issue which is being talked about ever more openly, with many celebrities publicly discussing their own problems and regular features in the news, for some it remains a taboo topic, whether in relation to their own health or when it is raised by others.

Sailor's Society estimate that one in four seafarers experience mental health issues at some time^[1], affecting them and everyone around them, including at their place of work. At North we are well aware of the impact that mental health issues can have, not only for the crewmember but for their family, friends and colleagues. Depression can manifest itself in low morale, poor concentration and increased susceptibility to illness and injury. This can lead to lost time and the need for repatriation or potentially affect cargo handling or navigation but much more worryingly it can erupt in violence on board, sometimes fatal, or self-harm and even suicide.

^[1] <https://www.sailors-society.org/news/a-quarter-of-seafarers-show-signs-of-depression-says-new-report>

However, improved mental wellbeing is associated with a range of better outcomes for people of all ages and backgrounds including;

- Reduced health risk behaviours such as smoking and alcohol misuse.
- Reduced risk of mental health problems and suicide.
- Improved physical health and life expectancy.
- Better educational achievement.
- Increased skills.
- Improved employment rates and productivity.
- Reduced anti-social behaviour and criminality.
- Higher levels of social interaction and participation.

There are many potential causes of mental stress and these can individually or collectively affect crewmembers in many different ways. Fortunately, there are also many ways to help maintain emotional wellbeing and to assist in managing any stresses that might arise. There are also several ways to seek help if everything does become too much.

Mind Call at Sea

Mind Call at Sea is a confidential and dedicated emotional support helpline for seafarers on North entered vessels. The helpline is being provided to seafarers in partnership with seafarer's charity, ISWAN.

The helpline is available to contact 24 hours a day. 7 days a week and 365 days a year.

The Mind Call team speaks; Arabic, Chinese, French, Hindi, Russian, Spanish and Tagalog as well as English. The helpline can be accessed by telephone* or you can request a call back, send an email, use live chat or contact the team via WhatsApp.

*Standard network charges may apply

Further details can be obtained at the **Mind Matters at Sea** and **Mind Call at Sea** dedicated websites.



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NORTH INFO

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