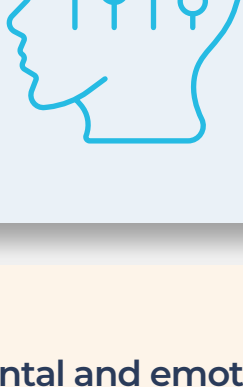


# MENTAL HEALTH IN MARITIME



Working at sea presents many health challenges, from irregular hours, to elevated stress to the ever-present risk of accident or injury. However, maritime work also poses threats to mental health – far higher, in fact, than most land-based jobs.

Mental and emotional health issues have long been overlooked, dismissed or worse, treated as personal or moral failures rather than as medical problems that need to be recognised, diagnosed, and treated. Safeguarding the ongoing mental wellbeing of crew members is crucial for maintaining a safe onboard environment.



## RESEARCH BY YALE UNIVERSITY COMMISSIONED IN 2020 BY THE ITF SEAFARERS' TRUST FUND



OF SEAFARERS SURVEYED HAD SUICIDAL IDEATION



OF SEAFARERS WERE DEFINED AS SEAFARERS WITH ANXIETY

**30-40%**

OF LONG-TIME SICKNESS LEAVE IS CAUSED BY STRESS AND FATIGUE

## CREW MEDICAL EMERGENCIES VIKAND INSIGHTS 2024

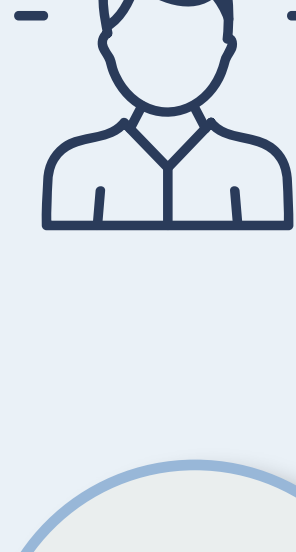


**MENTAL HEALTH WAS THE THIRD RANKED CREW MEDICAL EMERGENCY DIAGNOSIS IN 2023, WITH 16% OF CASES**



**VIEWED AGAINST DATA FROM 2022, THERE WAS A SIGNIFICANT INCREASE IN MENTAL HEALTH EMERGENCIES – INCREASE OF 7%**

## RISK FACTORS TO MENTAL HEALTH



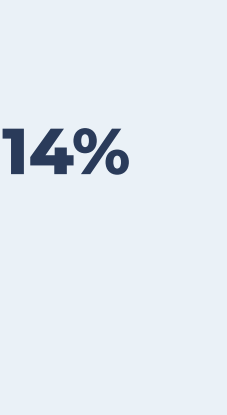
**FROM THE ASSESSMENTS PRESENT IN VIKAND CASE MANAGEMENT DATA LINKED TO PSYCHOLOGICAL EMERGENCIES, WE IDENTIFIED SEVERAL TRENDS:**



**STRESS REACTION 45%**

is the most common diagnosis following a psychological assessment

**PSYCHOTIC DISORDERS 17%**



**DEPRESSION 14%**



**BURNOUT 8%**



## VIKAND MENTAL HEALTH SOLUTIONS



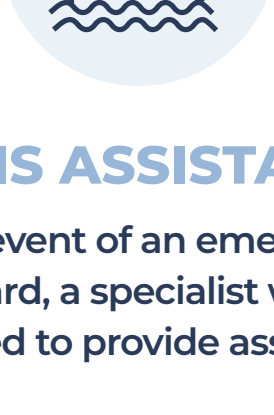
**TRAINING PROGRAMS**

E-Learning programmes: Mental Wellness Awareness Learning / Mental Health First-Aid for Seafarers / Mental Health Resilience Training



**24/7 CREW SUPPORT HELPLINE**

24/7 confidential counsellor crisis assistance helpline for crew with professional follow-up.



**CRISIS ASSISTANCE**

In the event of an emergency onboard, a specialist will be deployed to provide assistance.



**MENTAL HEALTH EMERGENCY**

24/7 remote mental health emergency support for onboard crew.



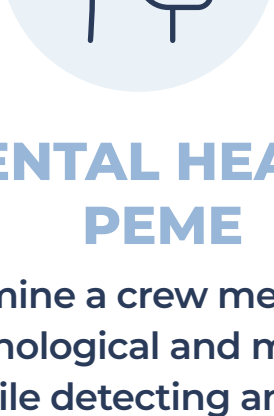
**CREW WELFARE PULSE**

Measure the wellbeing and satisfaction of crew members during their time at sea.



**CASE MANAGEMENT**

Medical diversion (medical evacuation cases only) off-vessel administrative patient support and health care supervision.



**MENTAL HEALTH PEME**

Determine a crew member's psychological and mental status while detecting any ongoing mental health issues.



**FIT FOR DUTY EVALUATION**

Determine candidates mental fit for duty and ability to travel.

By nurturing an environment of psychological safety, we can ensure that individual seafarers don't just survive, but thrive, bringing their full selves to work each day.

**OUR GOAL IS TO PROACTIVELY SUPPORT SEAFARERS THROUGH WELLNESS PROGRAMS AND PREVENTIVE MEASURES THAT NOT ONLY ASSIST DURING EMERGENCIES, BUT ALSO BUILD AND STRENGTHEN RESILIENCE, HELPING THEM MITIGATE ACUTE STRESS REACTIONS AND THE SUBSEQUENT NEED FOR MEDICAL DISEMBARKATION**

MARTIN HEDMAN, DIRECTOR OF MENTAL WELLNESS PRACTICES.

**CONTACT US TO FIND OUT MORE ABOUT HOW BUILDING A COMPREHENSIVE CREW MENTAL WELLNESS STRATEGY CAN ENHANCE YOUR CREW MENTAL WELLBEING.**

**CONTACT US**