

Mental Health for Officers

This is an interactive session which provides participants with hands-on experience in applying effective strategies on mental health response and wellbeing support. Each session is an engaging and immersive learning environment tailored to real-world maritime challenges and experiences, divided into four modules:

1. Understanding mental health concepts as aligned with the Seafarers' Mental Health and Wellbeing Course.
2. Determining the impact of stress and trauma on the brain and body.
3. Identifying potential mental health crises among seafarers using mental health risk assessment tool.
4. Performing safeguarding measures and creating sustainable self-care practices.

Training Outcome/s:

After the training, the trainees should:

- identify the role of officers in mental health support and response;
- differentiate stress and trauma;
- identify the effects of stress and trauma on brain and body function;
- recognize mental health-related crises;
- evaluate poor mental health using the 5Ds framework;
- utilize mental health risk assessment tools;
- establish a safe environment and appropriate approach as a first response;
- demonstrate active listening, verbal and non-verbal communication as support and first response;
- refer to mental health services and resources; and
- promote and implement self-care techniques.

Entry Standard/s:

Management -level officers