

# Seafarer's Mental Health and Well-being

This interactive and comprehensive course aims to raise awareness on mental health and wellbeing in self and others in the maritime context.

## **Training Outcome/s:**

- Define Mental health as aligned with the World Health Organization's (WHO) concept;
- Identify possible causes of poor mental health among seafarers;
- Examine general signs of distress and other common mental health-related challenges among seafarers;
- Identify actions to take to refer or signpost fellow crewmember
- Recognize measures to promote wellbeing.

## **Entry Standard/s:**

All Seafarers.