

# **MEMBER ALERT**



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## **INTERTANKO'S NEW PUBLICATION: *CREW WELFARE MANAGEMENT AND MENTAL WELLNESS***

INTERTANKO has recently released a guidance document entitled, [\*Crew Welfare Management and Mental Wellness\*](#).

The COVID-19 pandemic has affected people's lives, and their employment, in virtually every part of the world. This is as true of seafarers as it is of those employed ashore, and affects them even more in many cases as they worry about their families back home.

Unpleasant thoughts and feelings can escalate quickly, making it difficult for those on board to find the energy to follow their daily routine and to concentrate on their work tasks. Although seafarers access news and hear stories from home, they may feel disconnected and unable to engage. The resulting impact on seafarers' mental wellness and welfare can be serious.

The INTERTANKO guidance includes advice on helping seafarers to deal with emotional stress and overcome negative feelings. While this guidance has been written during the COVID-19 global pandemic, the key principles it contains are applicable at any time.

Your Managers recommend that Members take note of this information and be guided accordingly. They also most warmly thank INTERTANKO for its permission to reproduce this guidance.