



**OCTOBER 10, 2018**

**CIRCULAR NO. 38/18**

**TO MEMBERS OF THE ASSOCIATION**

**Dear Member:**

**AMERICAN CLUB GUIDANCE – CARING FOR SEAFARERS’ MENTAL WELLBEING AND GENERAL LISTING OF MENTAL HEALTH RESOURCES FOR SEAFARERS**

Today is World Mental Health Day, 2018. In recognition of this, your Managers are pleased to announce the release of *Caring for Seafarers’ Mental Wellbeing*, a document published in cooperation with the Seamen’s Church Institute (SCI), a renowned, US-based ministry to seafarers.

The document provides guidance on responding to both routine and extreme stressors which affect the quality of life of mariners both ashore and afloat, and seeks to promote awareness generally of the importance of seafarer mental wellbeing.

In addition, numerous maritime organizations have supported recent initiatives to enhance understanding about the emotional – and psychological – highs and lows of life at sea, and thousands of seafarers have shared their personal stories with SCI staff amid routine, stressful – or even tragic – circumstances.

Accordingly, in augmentation of the guidance provided by the new document itself, the Club now maintains an up-to-date list of global mental health resources available to seafarers. This is intended to be a valuable resource to seafarers and others in providing access to mental health assistance as and when it might be required.

*Caring for Seafarers’ Mental Wellbeing* can be found in English, new and traditional Mandarin, and Russian, along with the list of global mental health resources referred to above, at the Club website at:

<https://www.american-club.com/page/seafarer-wellness>





Hard copies in English of *Caring for Seafarers' Mental Wellbeing* can be obtained from the Managers free of charge.

Members should direct any questions regarding this, and any element of the American Club's e-Learning tool system, to Ms. Danielle Centeno, Assistant Vice President--Loss Prevention & Survey Compliance, at [danielle.centeno@american-club.com](mailto:danielle.centeno@american-club.com) or to Dr. William Moore, Senior Vice President at [william.moore@american-club.com](mailto:william.moore@american-club.com).

Yours faithfully,

Joseph E.M. Hughes, Chairman & CEO  
Shipowners Claims Bureau, Inc., Managers for  
**THE AMERICAN CLUB**