



**NOVEMBER 14, 2023**

**CIRCULAR NO. 16/23**

**TO MEMBERS OF THE ASSOCIATION**

**Dear Member:**

**JOINT AMERICAN CLUB AND SEAMEN'S CHURCH INSTITUTE GUIDANCE – ADDRESSING AND MANAGING SEAFARER MENTAL HEALTH CHALLENGES**

Your Managers are pleased to release *Addressing and Managing Seafarer Mental Health Challenges*, a document published in cooperation with The Seamen's Church Institute (SCI), a renowned US-based ministry for seafarers.

The document provides guidance to assist help seafarers and ship operators better understand the factors that contribute to mental health challenges for seafarers and what can be done to prevent and mitigate such effects on crews.

*Addressing and Managing Seafarer Mental Health Challenges* can be found in [English](#), [new](#) and [traditional](#) Mandarin, along with mental wellness related publications [Caring for Seafarers' Mental Wellbeing](#) and [What's on Your Mind? Guidance for Seafarer's Mental Health Awareness](#), as well as a list of global mental health resources, on the Club's website at:

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

Hard copies in English of *Addressing and Managing Seafarer Mental Health Challenges* will be available from the Managers free of charge over the coming weeks.

Members should direct any questions regarding this, and any element of the American Club's Loss Prevention portfolio, to Ms. Danielle Centeno, Vice President - Loss Prevention Executive, 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,

Dorothea Ioannou, CEO  
Shipowners Claims Bureau, Inc., Managers for  
**THE AMERICAN CLUB**