

MEMBER ALERT



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VIDEO LOG (VLOG): SEAFARER MENTAL WELLNESS – FIVE THINGS THE INDUSTRY CAN DO NOW

Your Managers are pleased to announce the release of a vlog entitled ***Seafarer Mental Wellness - Five Things The Industry Can Do Now.***

Seafarers are under immense stress at present. A recent study by the ITF and Yale University showed that even before the advent of the COVID-19 pandemic, 20-25% of seafarers suffered from anxiety or depression and that 20% had recent thoughts of suicide. The same study showed that rates of accidents and illness doubled when seafarers were anxious or depressed.

In this vlog, Christopher L. Hall – Managing Director (Hong Kong), SCB Management Consulting Services, Ltd. and Business Development Director (Asia) – offers five things that the industry can do now to help seafarers cope with feelings of anxiety and/or depression.

Along with the measures mentioned in the video, links for more on seafarer mental wellness can also be viewed on the Club's YouTube channel at the following link:

<https://youtu.be/GmFig5RjBVI>

Your Managers recommend that Members take note of this information and be guided accordingly.