

MEMBER ALERT



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NEW AMERICAN CLUB GUIDANCE: *WHAT'S ON YOUR MIND?*

Your Managers are pleased to announce the American Club's latest guidance regarding seafarer well-being:

[*What's on Your Mind? Guidance for Seafarers' Mental Health Awareness*](#)

This guidance covers the common risk factors associated with developing mental illnesses and other psychological conditions on board ship, and recommends measures to prevent or treat occurrences of them.

The Mandarin Chinese versions of *What's on Your Mind?* will be updated and posted in the coming weeks.