

Navigating Your Mind : Mental Health Problems Course

JOIN US

Who Should Attend:

Seafarers of all ranking and maritime professionals.



NOVEMBER

2024

- Mental Health Awareness
- Recognize signs of Mental Health Problems onboard
- How to handle-talk to crew facing mental problems
- Self Care

WHY MENTAL HEALTH MATTERS?



Given the unique challenges and pressures of life at sea, mental health is a crucial aspect of overall well-being for seafarers. Our course provides essential insights and skills to promote and maintain good mental health.

HOW CAN YOU BENEFIT?



Attending our course will equip you with vital skills to manage stress, boost resilience, and enhance communication. Additionally, it fosters a supportive crew environment and promotes overall well-being, leading to a healthier, more productive workplace at sea.

ADDRESSING COMMON MYTHS



There are several misconceptions about mental health that persist in the maritime industry. Our course aims to dispel these myths and provide a clear understanding of the realities of mental health.

COURSE DETAILS



Our mental health course is designed for all seafarers, regardless of rank or role. It is a vital training opportunity that you should not miss.

