



Sagar Sandesh

Guiding Spirit to Shipping Industry

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Major ports
exempted ro-pax/
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achieves a key
milestone by
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Competition
Commission's
strictures
against

MENTAL HEALTH & WELL-BEING of seafarers - MASSA Maritime Academy, Chennai

The World Health Organization defines mental well-being as an individual's ability to develop their potential, work productively and creatively and build strong and positive relationships with others and contribute to their community.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in.

The consequence of not taking mental health seriously is significant. A company with high levels of stress in employees may see an increase in mental health problems, more disappearances at sea, more preventable incidents, work-related injury and accidents, increased bullying and harassment, a less motivated, engaged and loyal workforce, more complaints and potentially legal liability, as well as



financial implications of emergency repatriation and compensation.

Training Effectiveness:

Effective training in mental health awareness for seafarers and shore-based maritime professionals working with seafarers

can have a very positive impact on seafarers' mental wellbeing and help to ensure they are well prepared for some of the challenges presented above.

Training which increases understanding of mental health will also help to greatly reduce stigma. If mental health is no longer considered a taboo, seafarers will be more comfortable seeking help and/or talking about their problems with their supervisor or a colleague.

Training can also be beneficial in helping seafarers to recognize that a crewmate may be struggling and also provide them with the skills and confidence to start a conversation. Likewise, it can equip seafarers and senior staff with the skills needed to effectively respond to a concern on board or within their company.

Training can also successfully teach participants about the importance of self-care and looking after their own mental health during a voyage.

MASSA Maritime Academy, Chennai with the leadership of Dr. (Capt.) Suresh Bhardwaj, Residence Director & Principal is delivering this highly effective

course: **Course Duration:** 2 days (online) **Dates:** 18th and 19th August 2022. Contact mmachennai@massa.in.net and visit www.massa-academy-chennai.com



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