



MHSS SAFETY CIRCULAR MARCH 2021

Attention: All Owners/Operators, Crewing Departments

1. Mental Health Support Solution (MHSS) operates a 24/7 mental health crisis line – answered by confidential, multi-lingual professional psychologists.
2. From the period November 2020 – February 2021, we have identified the following trends from the hotline interaction:

- **BULLYING AND HARRASSMENT AMONGST CREW MEMBERS IS A SIGNIFICANT ISSUES – FOR ALL NATIONALITIES AND RANKS.**

Increased numbers of incidents have been reported – at higher severity levels than previously recorded.

- **CADETS / INEXPERIENCED SEAFARERS ARE A HIGH-RISK CATEGORY FOR MENTAL HEALTH ISSUES.**

However more seafarers are using the helpline to seek professional advice on protecting the mental health of others.

- **THE SAFE OPERATION OF VESSELS MAY BE AT RISK IF REMEDIAL MEASURES ARE NOT TAKEN IMMEDIATELY.**

Of the interactions reported, more are medium and high risk than low risk. Vessel crew are operating at a higher level of mental health risk. At high risk the crew are unlikely to operate a vessel safely.



Hohenzollernring 18, 22763,
Hamburg



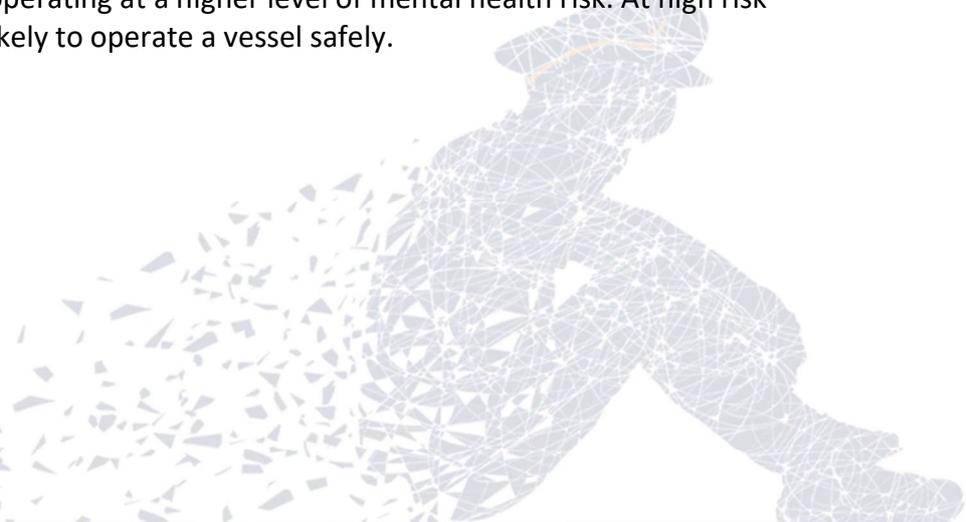
Christian Ayerst (CEO)
christian@mentalhealth-support.com



Charles Watkins (MD)
charles@mentalhealth-support.com



www.mentalhealth-support.com





3. MHSS strongly recommends the following:

- Anti-bullying / harrassment training to be given to crew of all levels. The programme should include behavioral self-reflection training- to recognise whether your behaviour is unintentional bullying.
- Training must be implemented to train inexperienced seafarers before they go onboard.
- Onboard strategies must be practised to build support networks between experienced and inexperienced crew.
- 24/7 access to professional mental health must be available to all crew onboard. First contact must always be with a medically-trained mental health professional – as the majority of interactions are medium/high risk.
- All seafarers should receive a hardcopy of MHSS' Guide to Mental Health Onboard – an easy-to-use mental health reference point for themselves and others.

MHSS shares its insights for the benefit of the shipping industry. We operate a 24/7 professional support line and have developed training specifically in response to these issues. We welcome enquiries from parties wishing to work with us towards a mentally safer industry.



Hohenzollernring 18, 22763,
Hamburg



Christian Ayerst (CEO)
christian@mentalhealth-support.com



Charles Watkins (MD)
charles@mentalhealth-support.com



www.mentalhealth-support.com

