

Mental Health

Loss Prevention Webinar – 31 October 2023



Mental Health

Speakers



JACOB DAMGAARD

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Loss Prevention
Britannia P&I



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Response Centre
International SOS



PANOS TRICHONAS

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What is mental health?



“A state of wellbeing in which an individual realizes his or her own abilities, can cope with the normal stressors of life, can work productively and fruitfully and is able to make contributions to his or her own community”

Definition by the World Health Organization (WHO)

Why is mental health important?

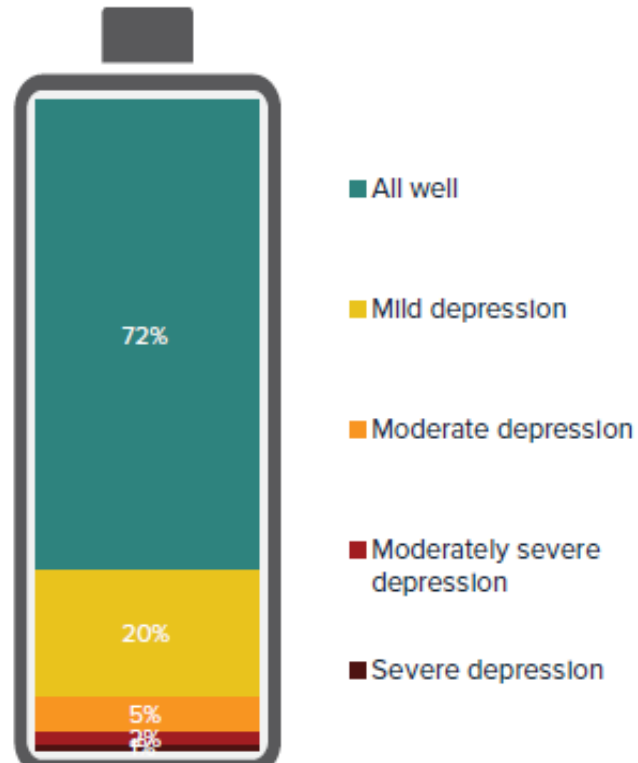
- Maintenance of wellbeing and emotional health
- Ensure Crew Harmony
- Influence Safety
- Impact on performance and productivity
- ESG/Sustainability Compliance
- Retention of crew
- Reputational Damage



Statistics

Re:refresh by Marine Benefits 2022 report

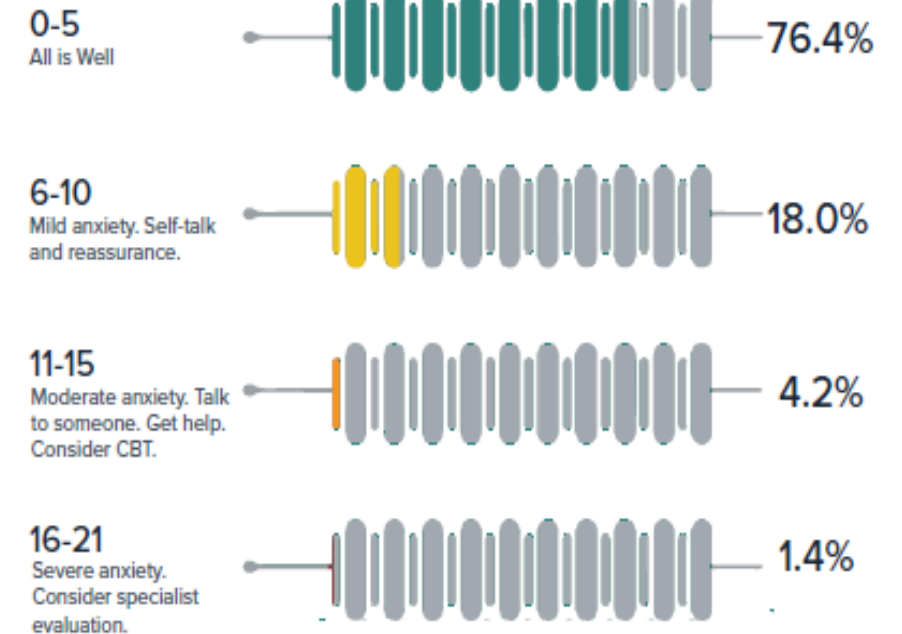
Depression



Stress



Anxiety



What can impact mental health?

- External factors
- Stress/work pressures
- Diet
- Lack of social interactions
- Poor management
- Access to physical activities
- Internet?



Why the Crew's role is vital

- How people are treated and managed on a day-to-day basis is vital
- Good line management is crucial in supporting mental health
- Poor management may exacerbate mental health issues
- Report early signs of distress and initiating early intervention



What can Members do?

- Provide soft skill training to crew – impact of multinational crew
- Provide the necessary resources to develop a healthy work/living environment
- Provide “healthy” crewing arrangements e.g. contract length
- Provide counseling/hotline opportunities

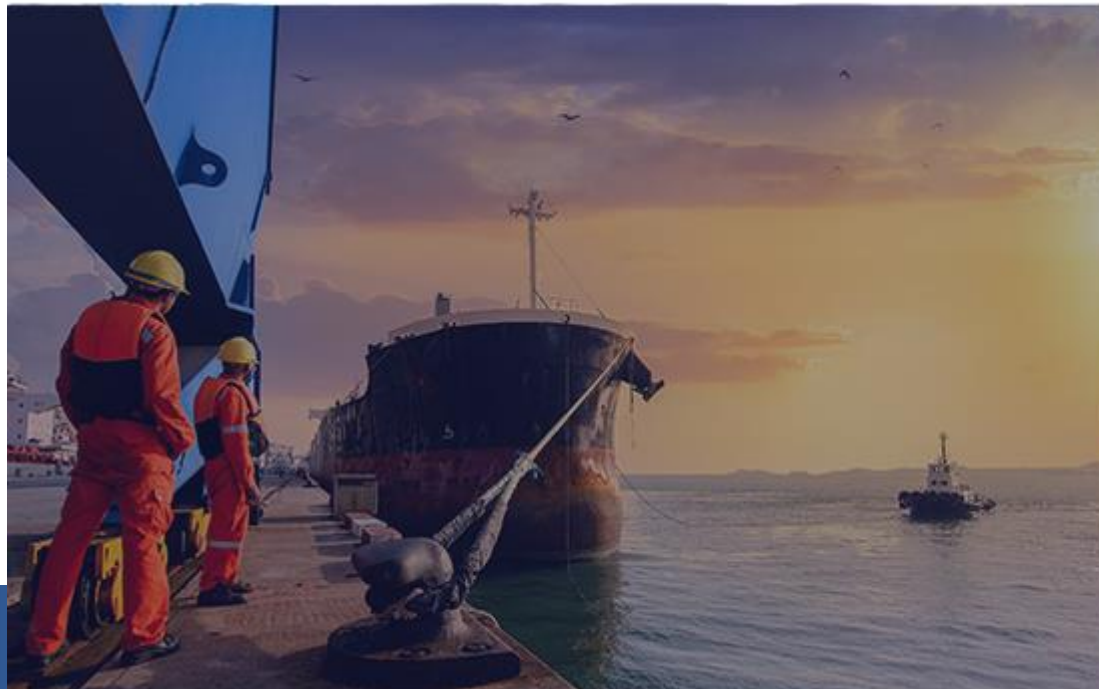
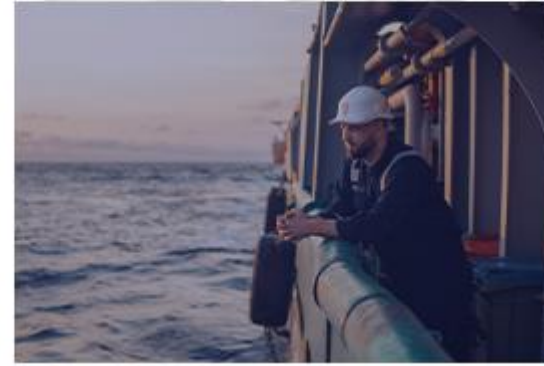
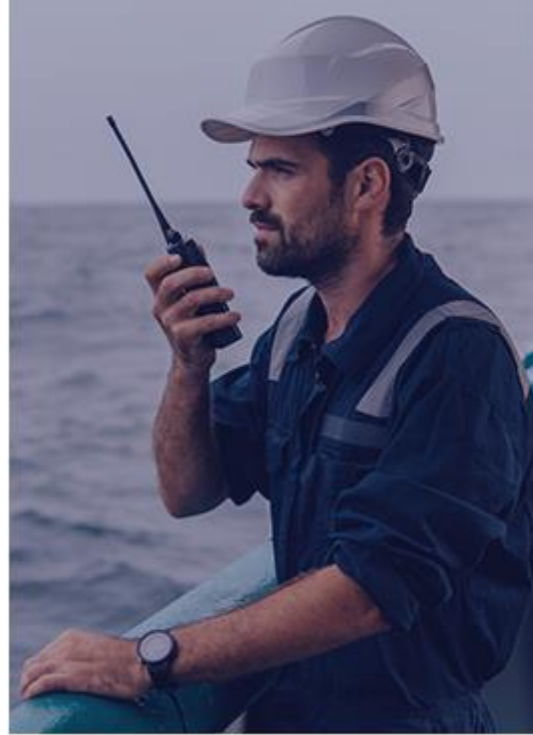




MENTAL HEALTH

31 October 2023

Dr Katherine Sinclair
Senior Medical Advisor
International SOS MedSea





GLOBAL MENTAL HEALTH CONDITIONS

WHO World Mental Health Report 2022

More than one billion people worldwide have a mental disorder

Mental disorders are the leading cause of “years lived with disability”

Suicide is the fourth leading cause of death in 15–29-year-olds

Depression and anxiety cost the global economy US\$ 1 trillion per year – primarily due to loss in productivity

Wide gap in disease burden and mental health services, worse in low income countries

“A state of mental well-being that enables people to cope with the stresses of life, to realize their abilities, to learn well and work well, and to contribute to their communities.

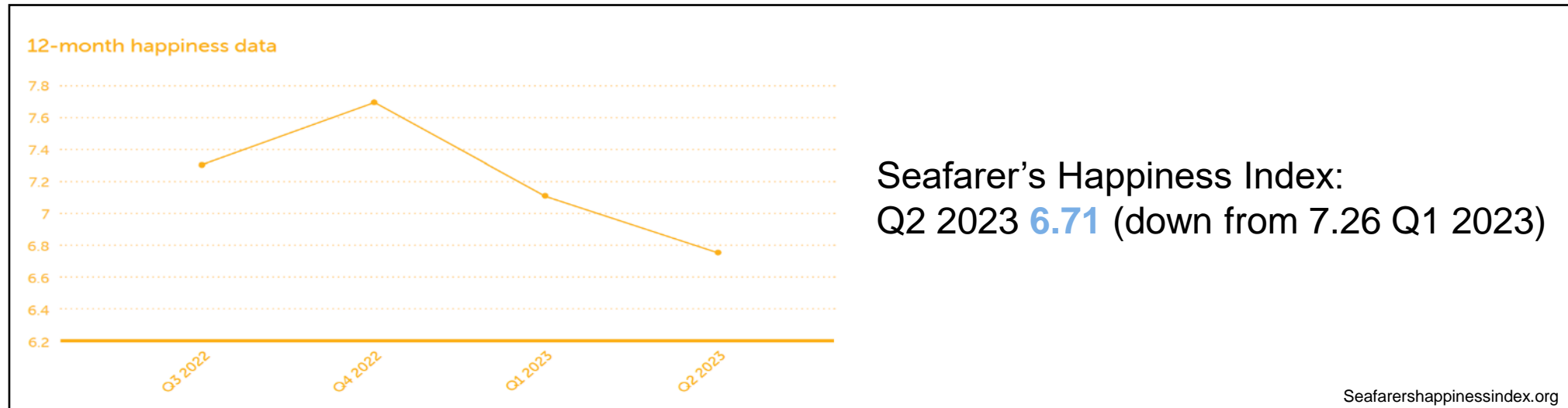
Mental health is an integral component of health and well-being and is more than the absence of mental disorder”.

WHO, 2022



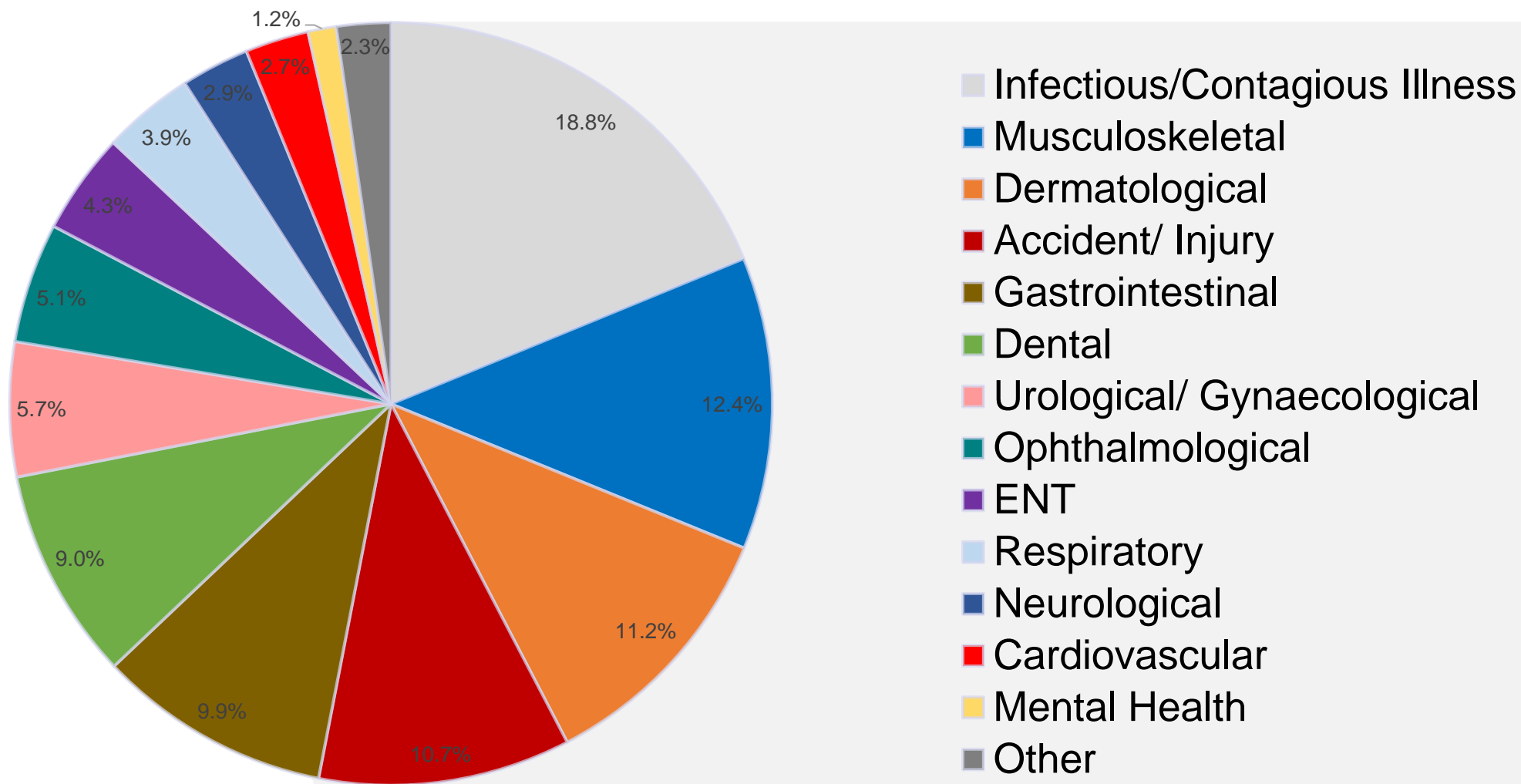
MENTAL HEALTH IN SEAFARERS

Mental Health in Seafarers	ITF Seafarers Trust & Yale 2019	Marine Benefits 2022	Baygi et al 2022
Depression	25%	28%	14.1%
Anxiety	17%	24%	12.4%
Suicidal Ideation	20%		
PTSD			37.3%



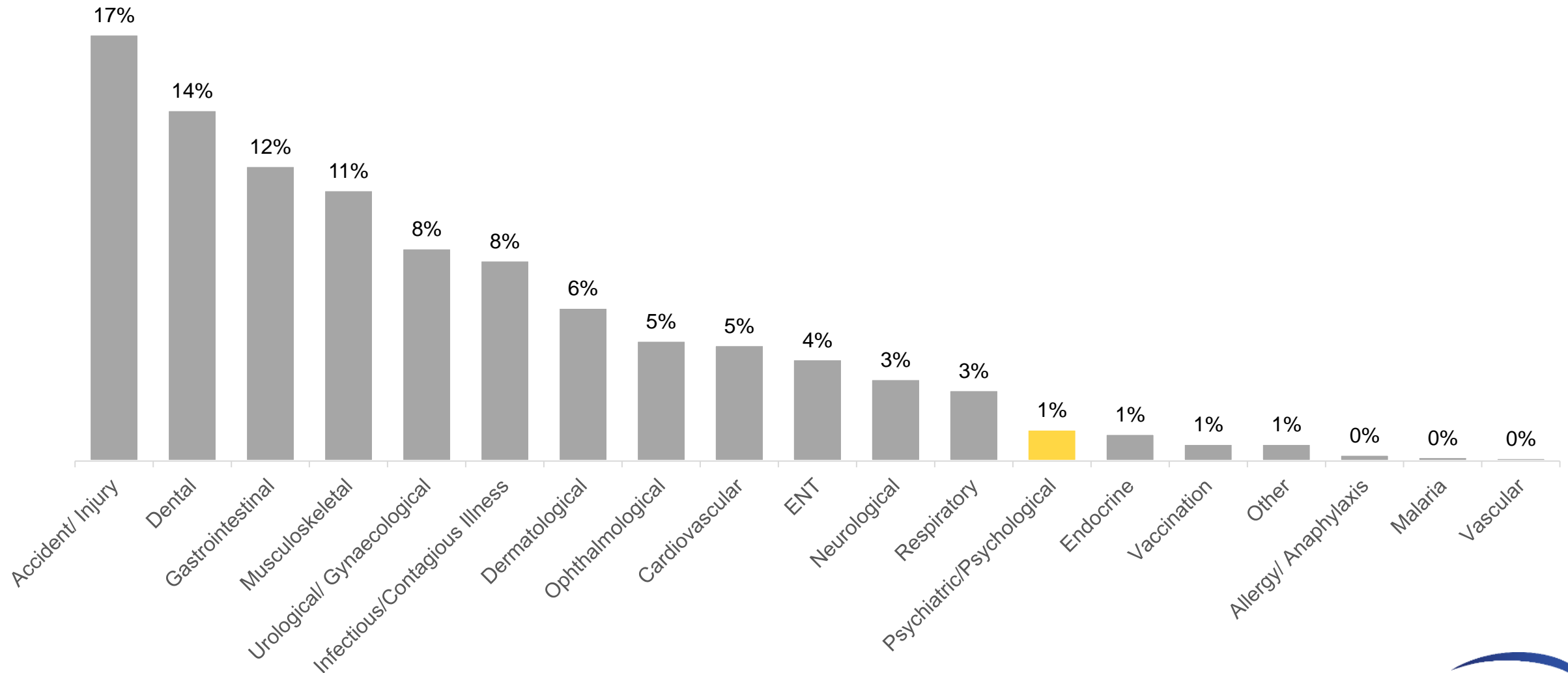


MEDSEA: MEDICAL CONDITIONS 2021-2022





MEDSEA: SHORESIDE EVALUATIONS



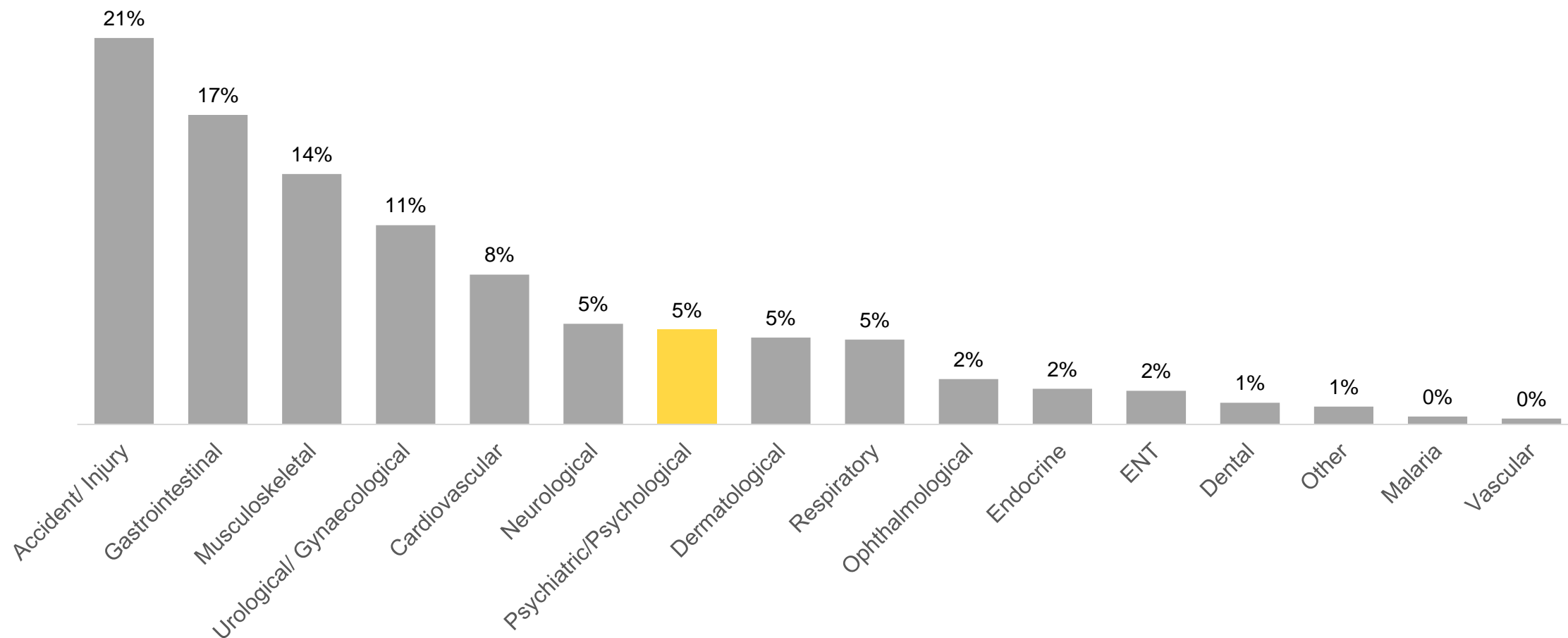
WORLDWIDE REACH. HUMAN TOUCH.

International SOS MedSea Cases 2021-2022





MEDSEA: NOT FIT FOR DUTY



WORLDWIDE REACH. HUMAN TOUCH.

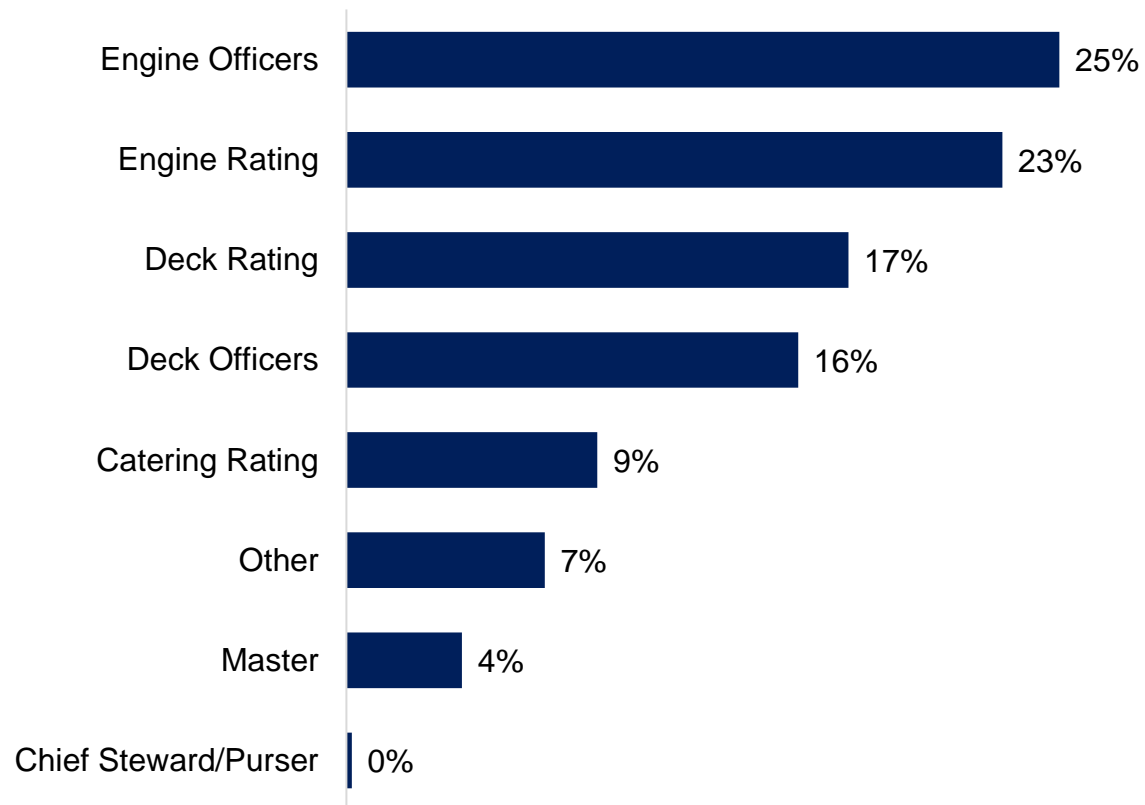
International SOS MedSea Cases 2021-2022



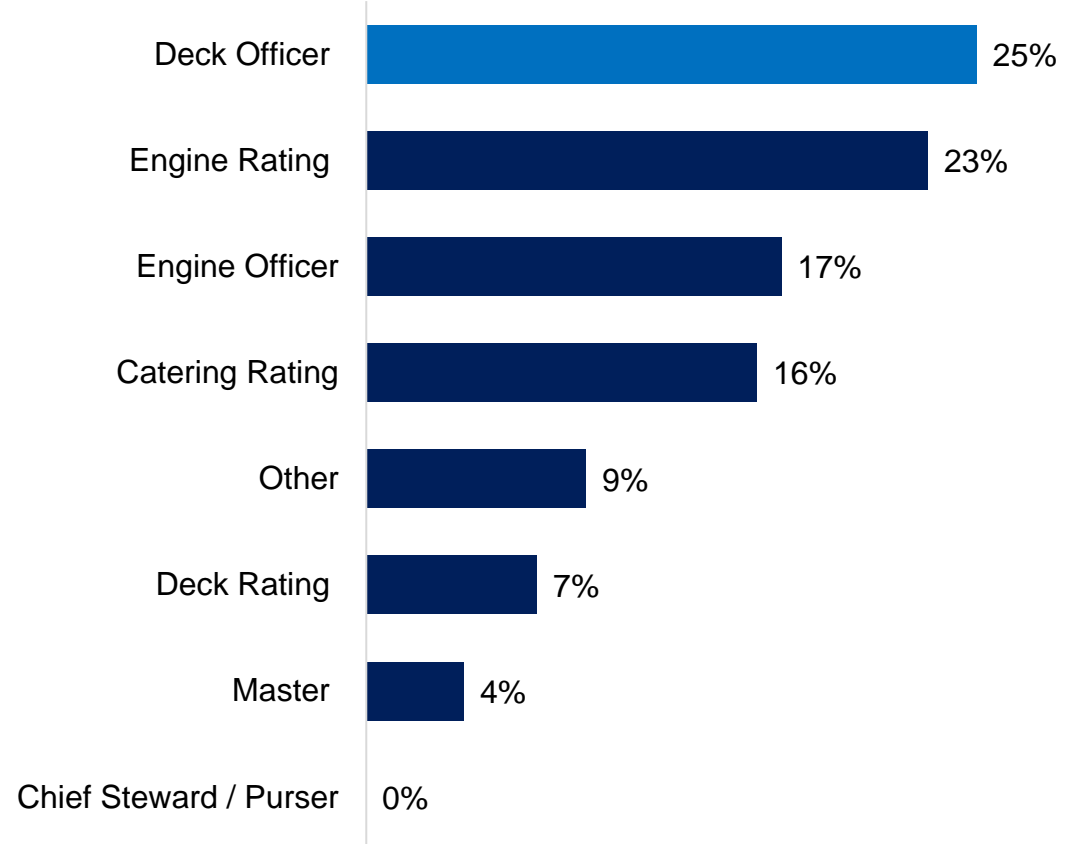


1.2% OF CASES OPENED FOR MENTAL HEALTH

Overall Ranks & Ratings

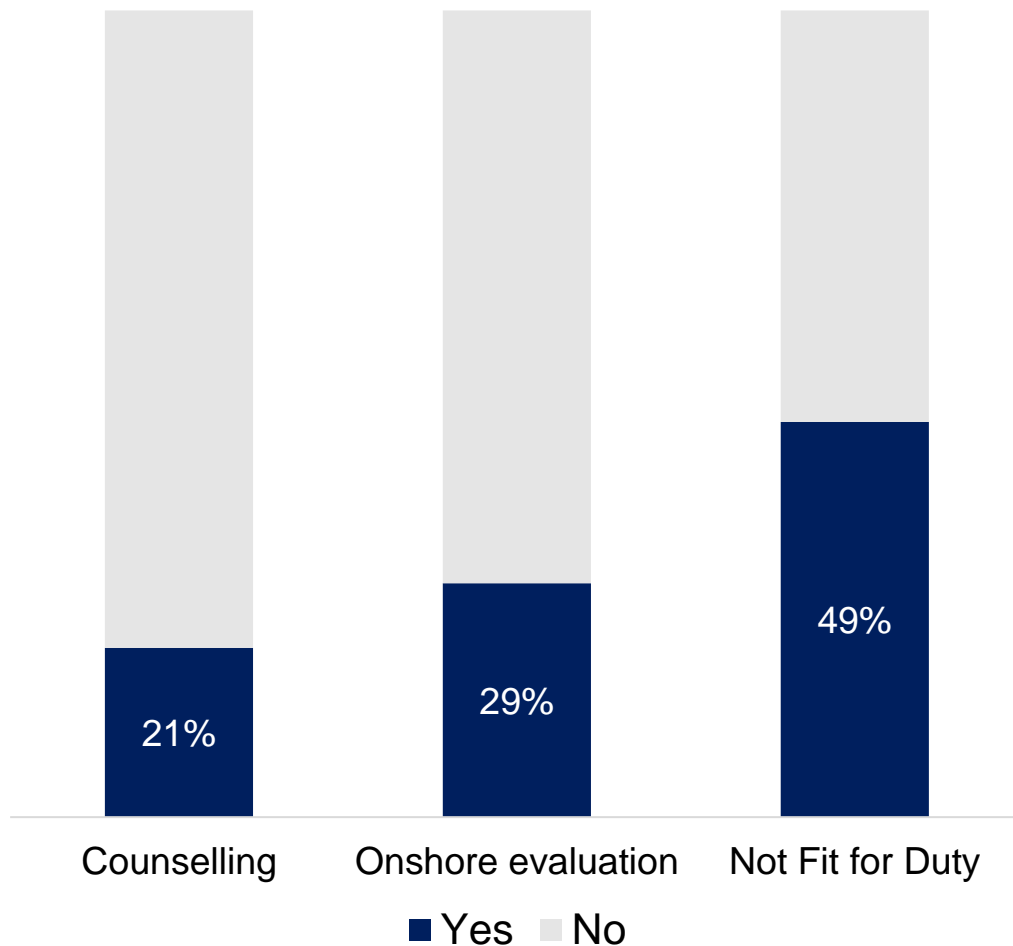


Mental Health affecting Ranks & Ratings





1.2% OF CASES OPENED FOR MENTAL HEALTH



Low uptake of counselling, especially after traumatic event such as death on board

Onshore evaluations

- Exclude medical condition
- Confirm fit to travel home

Half of cases are not fit to remain at sea

- Require more intensive support
- Cannot continue regular duties for months at sea

CASE STUDY 1

Senior Officer, 2 months of contract remaining

Contacted MedSea as concerned about his raised blood pressure

Headache and tingling in finger

Minimal sleep last few days due to busy vessel schedule

Searched Google – concerned about developing a stroke

MedSea Assessment

BP normal

Full medical evaluation – no concerning signs

Reassured

Sleep hygiene information provided

Relaxation techniques

2 days later after 2 nights of good sleep, all symptoms resolved, feeling well.





CASE STUDY 2



Deck Officer, 2 months to end of contract

Low mood, affecting his work performance

Had depressive symptoms for a few years, never sought treatment

Assessment: no harm to self or others, no medical conditions

Initiated psychological counselling, regular sessions

MedSea kept in close contact with crew member

Some days better, some days more difficult than others

Overall improvement and optimistic about returning home and seeking formal help

Senior officers and company very supportive

Completed contract and returned home to be referred to psychiatrist



WELLBEING ONBOARD PROMOTES MENTAL HEALTH



Regular Exercise

150 minutes moderate intensity per week



Balanced Diet

5 fruit/veg per day + whole grains.
Limit processed foods, salt, sugar, saturated fats



Adequate Sleep

7-9 hours per night.
Good sleep hygiene: regular schedule, comfortable environment, avoid large meals, caffeine, nicotine and alcohol in the evenings



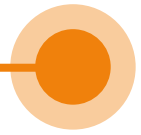
Stress Management

10-20 min per day of stress-reducing activity e.g. mindfulness, reading



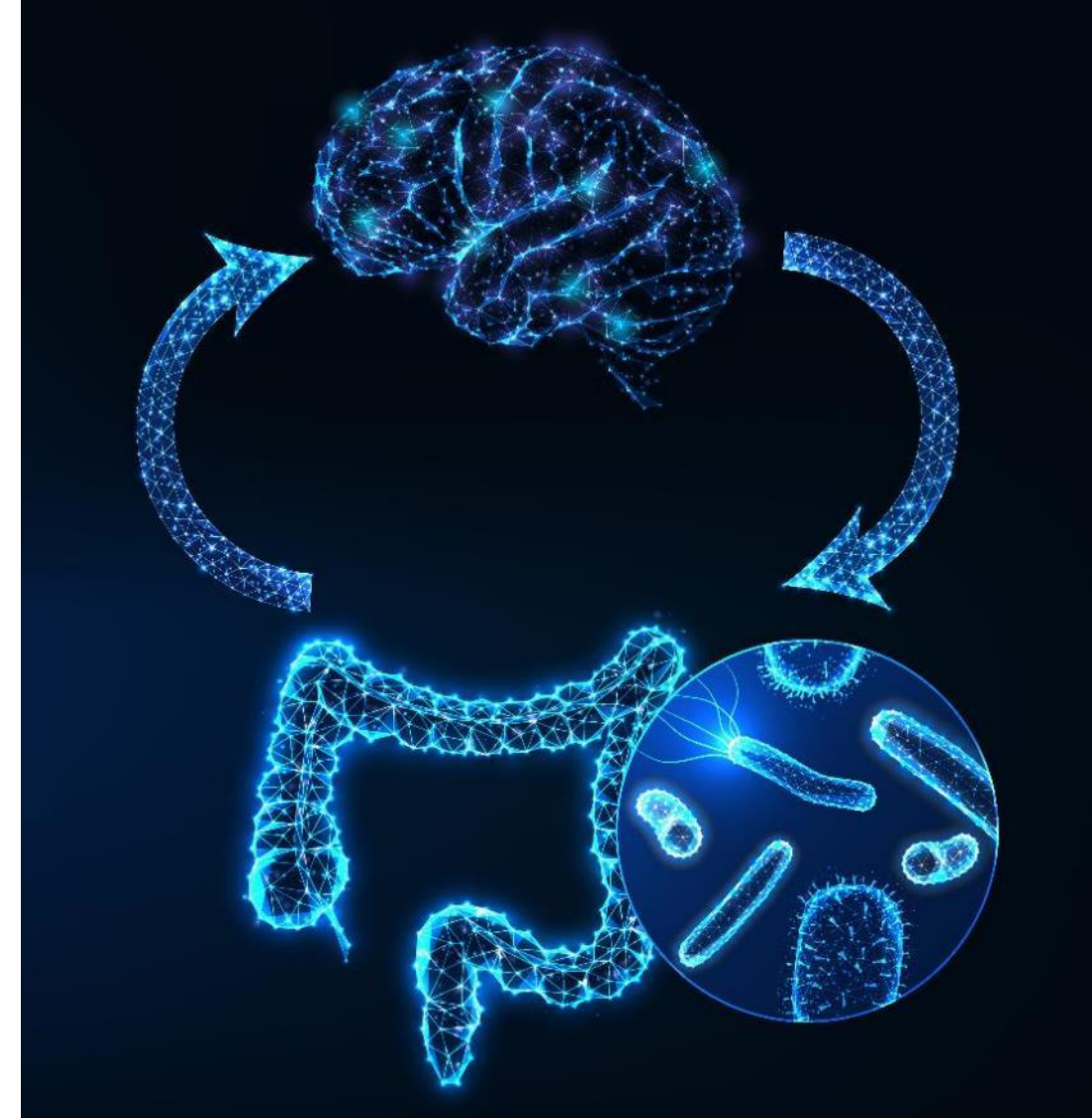
Social Interaction

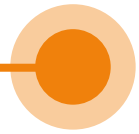
Meeting friends and colleagues outside of work duties 2 times per week e.g. games/sporting activities on board.



GUT-BRAIN AXIS: DID YOU KNOW?

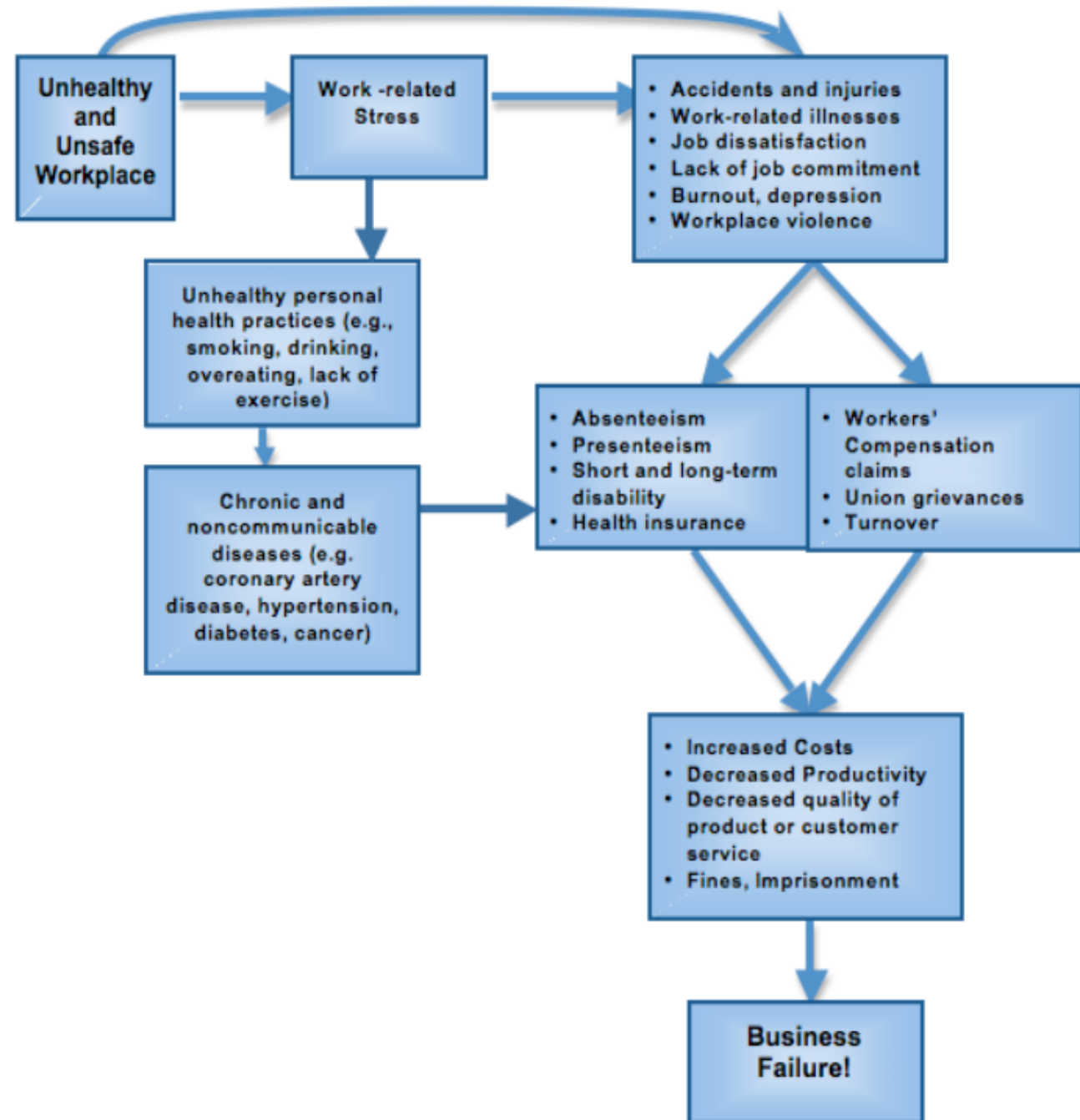
- Gut Microbiome = trillions of micro-organisms in the small and large intestine
- Your gut has two-way communication with your brain via various pathways such as nervous system, immune system and chemicals (neurotransmitters)
- Gut microbiome can affect psychiatric and neurological conditions
- Health of your gut microbiome can affect mood, sleep, anxiety levels
- Fruit, vegetables, nuts, legumes, whole grains and probiotics can improve and maintain a healthy gut microbiome





WHY INVEST IN EMPLOYEE MENTAL HEALTH

- ↑ productivity - ↓ absenteeism, ↓ presenteeism
- Improved employee resilience
- Brand image and employer of choice – talent attraction and retention
- Compliance with regulations and CSR
- Monetary ROI – 1\$ spent = 4\$ return





THANK YOU!



Panos Trichonas

Fleet Manager – People Risk Claims, Britannia P&I

Illness Claims

Statistics

- Illness claims account for approximately two-thirds of crew claims reported to the Club
- Cases involving mental health issues now appear in the 'top 10' types of illness reported
- A significant number of these cases were suicides (including suspected or attempted suicides)
- According to various studies, the suicide rate amongst seafarers is higher than working populations ashore.

Continued

- In fact, according to a study by the World Health Organisation (WHO), seafarers are the second most at-risk profession worldwide when it comes to suicide. Whilst suicides are an extreme example of this, the mental health of seafarers continues to be of concern to the Club.
- Over the years the mental health of seafarers has been the focus of many articles in our regular publications Crew Watch and previously Health Watch, and the subject of many seminars. Examples of topics which have been covered are as follows:
 - Tackling stress, depression, and loneliness on board
 - Simple steps to better physical and mental health
 - Onboard entertainment ideas to improve social cohesion on board and help combat stress and isolation

Case Study 1 – Suicide of a Bosun

- Bosun was found hanging with a rope on his neck in the garbage room
- Investigation conducted on board excluded criminal act and confirmed suicide
- A suicide note was found next to his body – apparently, the seafarer was facing severe financial difficulties
- Bosun appeared distressed and isolated during the previous days but no one from the rest of the crew had mentioned anything or tried to help
- Shipowners and managers are encouraged to keep regular contact with the crew onboard to support individuals according to their needs and solutions, rather than taking a one-size-fits-all approach
- Close vigilance and timely intervention/counselling may prevent the situation from deteriorating further.

Case Study 2 – AB with homesickness

- AB presented strong depression symptoms
- The other crew members were worried about his condition as they had noticed he had also lost his appetite
- AB started being isolated and aggressive when in contact with other crew members
- Medical visit and repatriation arranged at the next port
- The local doctor confirmed he was suffering from severe homesickness
- The seafarer had signed an extension of his contract for another 3 months but after only a few days he started saying he was missing home

How can the Club help?

- In cases a seafarer is showing signs of mental illness, it is common for the Club to engage with medical professionals to seek professional guidance on the best treatment.
- In cases where the crew has suffered a collective trauma, for example a piracy attack or the traumatic death of fellow crew members, then we have on occasion sought assistance from seafaring charities (e.g. Stella Maris) and/or psychologists.
- For example, we are often asked to arrange a religious service for the crew following a death on board.

Club cover:

- Treated as illness in the same way as physical illnesses – members to seek assistance in the usual way.

To sum up...

- Mental health is a recognized problem at sea
- Influence the performance of a seafarer
- Owners and crew need to be proactive
- Wellbeing is essential to promote mental health
- The Club is here to assist!





Q&A

For more information: lossprevention@tindallriley.com

Bsafe – www.britanniapandi.com/bsafe/

SEAFARER HEALTH

Health is fundamental for the performance of a seafarer – guidance on physical and mental health [FIND OUT MORE...](#)



PHYSICAL HEALTH

Most seafarers spend more time on board than...

[FIND OUT MORE](#)



WELLBEING

Seafarer wellbeing, defined as the state of...

[FIND OUT MORE](#)



MENTAL HEALTH

It is a shocking fact suicide (or suspected...)

[FIND OUT MORE](#)

Bsafe – Sailors' Society's Wellness at Sea campaign



CRN
CRISIS RESPONSE NETWORK
SAILORS' SOCIETY

DON'T SUFFER IN SILENCE

Accidents, piracy, bereavement... When crisis hits, it's easy to feel out of control.

Our Crisis Response Network can help you get back on your feet. Whether you need medical help, someone to visit your family, or just someone to talk to, we're here for you.

Our free, confidential service is available all around the world, 24 hours a day.

Email crisis@sailors-society.org
www.sailors-society.org/support-for-seafarers

Need help?
Email crisis@sailors-society.org visit
www.facebook.com/SailorsSocietyCRN, or go to
www.sailors-society.org/support-for-seafarers

BSAFE
BRITANNIA P&I CLUB

Sailors' Society

Sailors' Society Seafarers House, 74-76 Bower Road, Southampton, SO14 1PT, UK
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CRN
CRISIS RESPONSE NETWORK
SAILORS' SOCIETY

ARE YOU A SEAFARER IN CRISIS?

Sailors' Society's Crisis Response Network provides a rapid response trauma care and counselling service for survivors of piracy attacks, natural disasters and crises at sea.

REGIONAL CONTACTS:

AFRICA Rev J.D. van Schalkwyk: 0027 8330 18022	EUROPE Marc Schippers: 0032 495 183691	THE PHILIPPINES Iris Picardal: 0063 9 175 782 118
ASIA Gavin Lim: 0065 9222 4600	INDIA Manoj Joy: 0091 9884 140950	

Need help?
Email crisis@sailors-society.org visit
www.facebook.com/SailorsSocietyCRN, or go to
www.sailors-society.org/support-for-seafarers

BSAFE
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