

**Transport Safety Investigation Bureau
Safety Flyer – 2018/1**

Psychological well-being of seafarers

Aim

1. This Safety Flyer¹ is issued with the intention of raising awareness on the importance of psychological well-being of seafarers at sea.
2. Seafaring is a challenging profession, where time away from home, inability to tackle personal problems remotely, social isolation, etc. could result in psychological problems.

Recent Occurrences

3. In the past two years, some shipping companies operating different types of ships have reported seafarers missing at sea during their off-work hours. All of those reported were discovered missing during off-duty period where they had not been performing any particular task that required them to work near the ship side.
4. Although there were no conclusive findings to the cause of the seafarers to be missing, psychological well-being could not be ruled out. It is further recognised that stress at sea is different than stress ashore as seafarers are far away from family and friends.

Precautions to be taken

5. To provide support to the psychological well-being of seafarers, companies should consider providing remote counselling on call for their crew, and post the contact details of qualified psychologists in conspicuous places on the ships in addition to seeking the support and guidance of the International Group of P&I Clubs.
6. International Seafarers' Welfare and Assistance Network (ISWAN) provides 24x7 365 days a year helpline².

¹ The contents contained in the flyer are based on prima-facie evidence available at the time of publishing and do not intend to undermine or bias the investigation findings that may be published at a later date.

² Direct dial: +44 20 7323 2737 Email: help@seafarerhelp.org – Source ISWAN – www.seafaferhelp.org