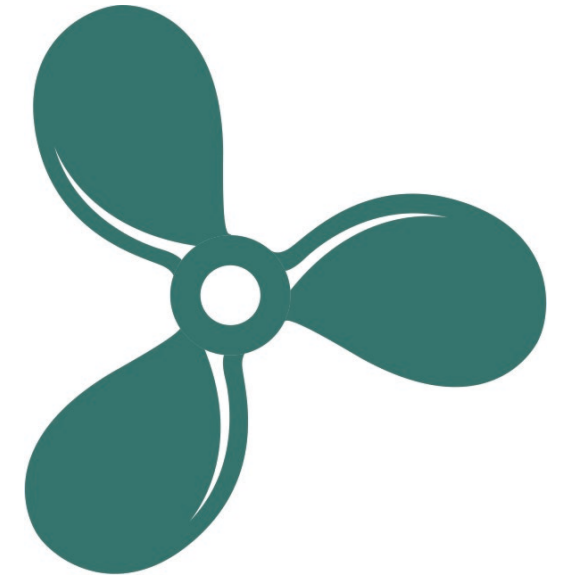


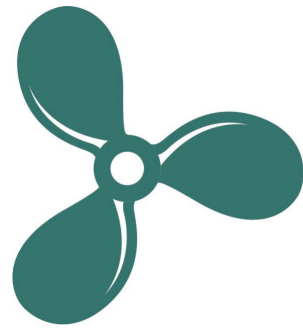
Ready to Promote Seafarers' Mental Health and Wellness: Danish Perspective

Mental working environment and well-being at sea on
Danish flagged vessels



By SEA HEALTH & WELFARE, Head of Department
Torsten Mathias Augustsen

Who we are



SEA HEALTH & WELFARE = Handelsflådens Arbejds miljø- og Velfærdsråd

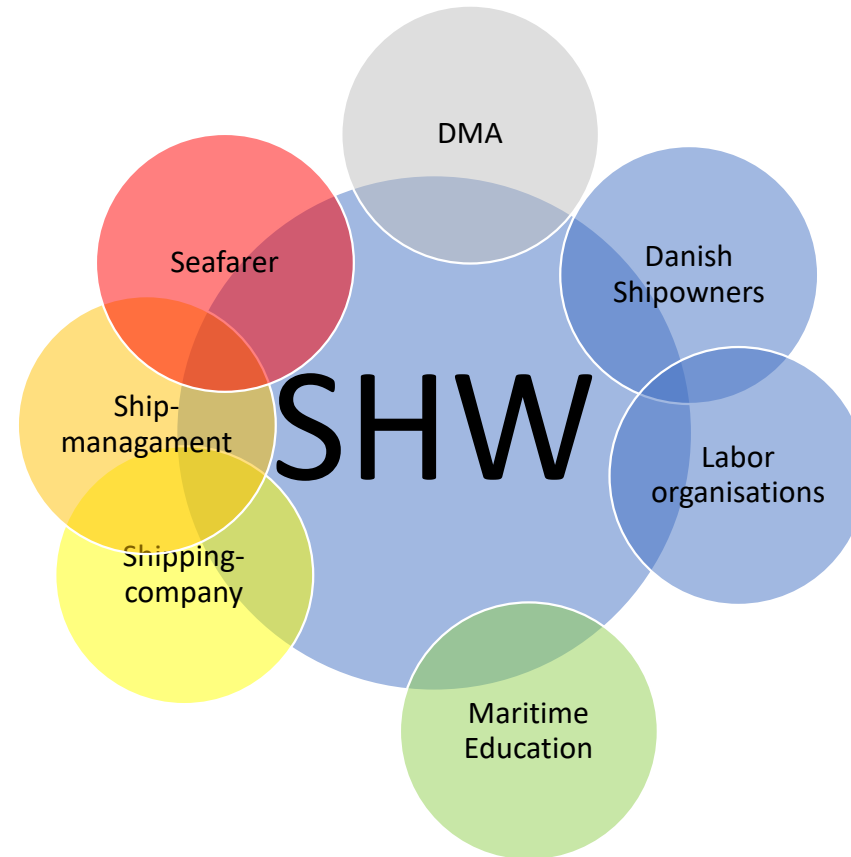
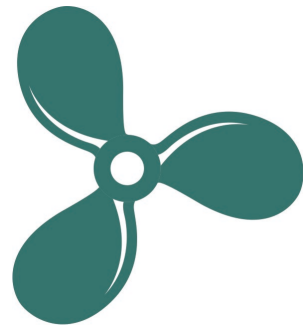
- Non-profit
- Non-governmental
- Established by law
- Supported by industry and seafarers

**Any seafarer employed on a Danish
flagged vessel is our core member**

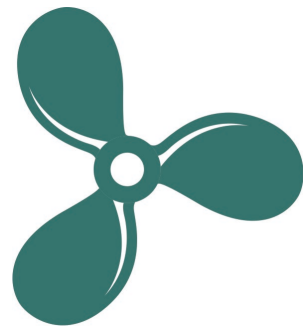
• V... AND WELFARE ON BOARD

TO BE THE COMPETENT ORGANISATION THAT ATTENDS TO SEAFARER'S
WELFARE AND OCCUPATIONAL HEALTH AND SAFETY

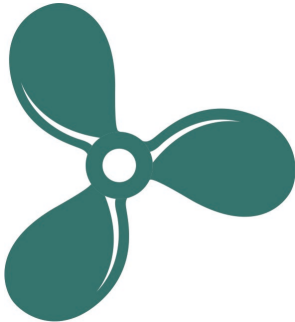
Our main Stakeholders



Who we are



Mental Health Toolbox

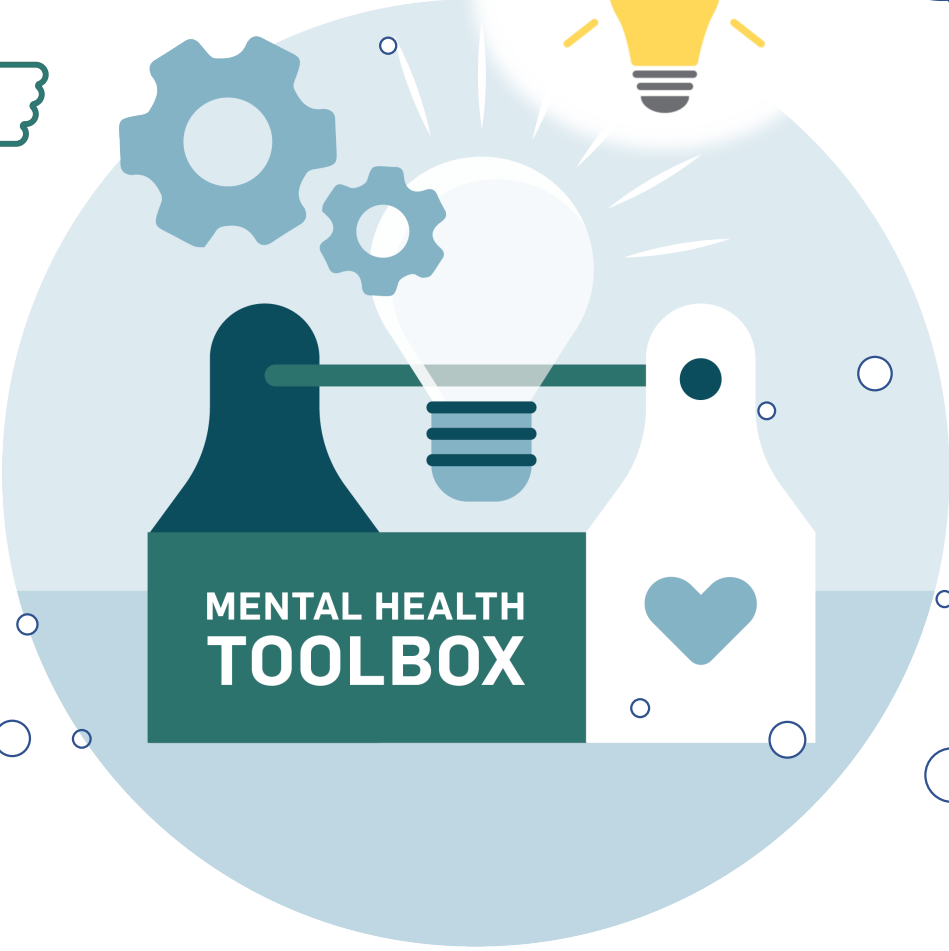


Personal crisis

Stress management

General well-being

Depression & Suicide

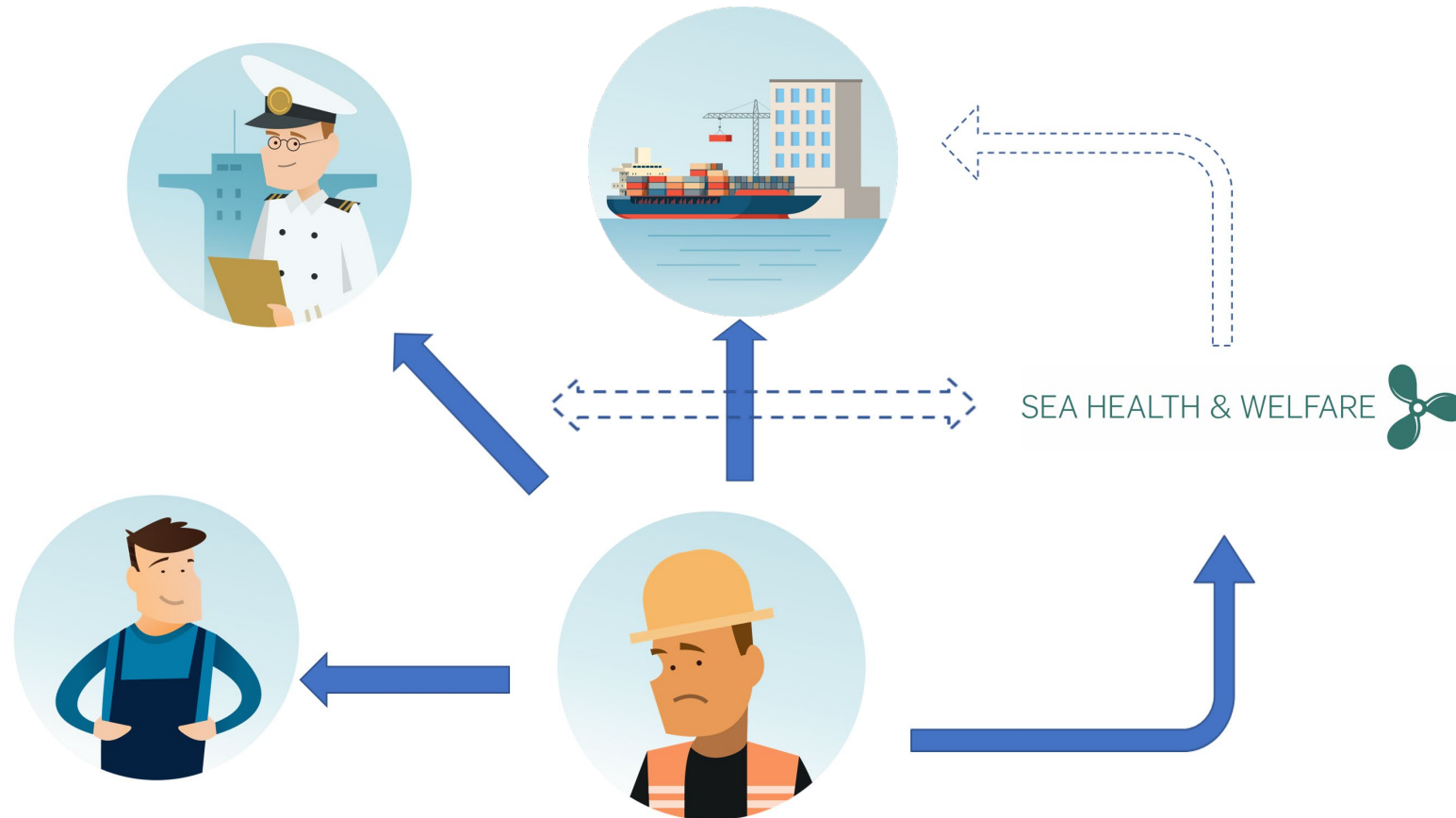
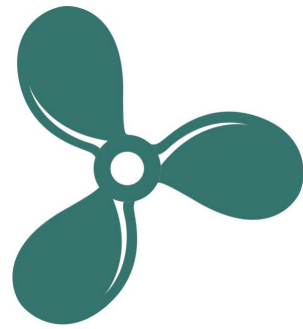


Mapping- & dialogue tools

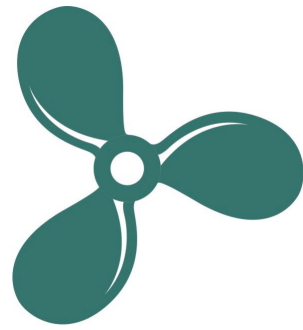
Bullying & harassment



The seafarer's dilemma



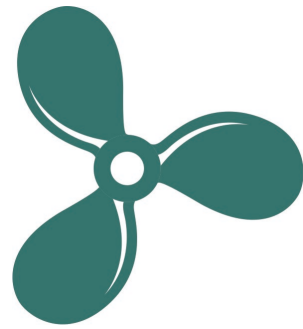
Target audience



- The seafarer
- The colleague or the group
- The shipboard management
- The shipping company

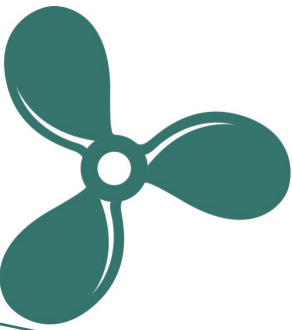


The structure of the guides



- Facts – signs and symptoms
- How to help yourself
- How to help your colleague
- Dialogue tool or communication advice
- Where to get more help

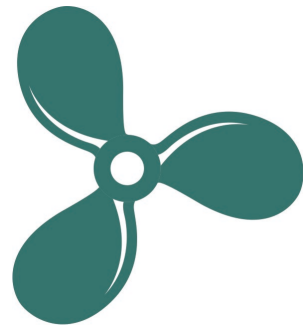




Guidances



Tools



APPENDIX 1

LOOK, LISTEN AND SENSE TOOL

- By listening to, talking to, and observing the crew members, you should be able to assess and tick the boxes for each individual crew member you meet.
- The tool has four topics with six important mental health indicators for each:
 - 3 indicators for each dimension indicating low mental well-being
 - 3 indicators for each dimension indicating high mental well-being

TICK ALL BOXES THAT APPLY

| Low mental well-being indicators | High mental well-being indicators |
|---|--|
| 1. Engagement in the work <ul style="list-style-type: none"> <input type="checkbox"/> Lack of efficiency <input type="checkbox"/> Unfocused <input type="checkbox"/> Insecure/lack of self-confidence | Engagement in the work <ul style="list-style-type: none"> <input type="checkbox"/> Efficient <input type="checkbox"/> Focused <input type="checkbox"/> Self-confident |
| 2. Communication and cooperation with others <ul style="list-style-type: none"> <input type="checkbox"/> Aggressive or a bit snappish <input type="checkbox"/> Mood changes <input type="checkbox"/> Forgetful | Communication and cooperation with others <ul style="list-style-type: none"> <input type="checkbox"/> Sociable <input type="checkbox"/> Stable mood <input type="checkbox"/> Good memory |
| 3. Engagement in social activities <ul style="list-style-type: none"> <input type="checkbox"/> Withdraws from coffee breaks/eats alone <input type="checkbox"/> Always stays in the cabin outside work hours <input type="checkbox"/> Does not interact with others | Engagement in social activities <ul style="list-style-type: none"> <input type="checkbox"/> Participates in coffee breaks/eats with the group <input type="checkbox"/> Participates in after-work activities on board <input type="checkbox"/> Conducts informal talks |
| 4. Personal appearance <ul style="list-style-type: none"> <input type="checkbox"/> Looks tired <input type="checkbox"/> Has signs of being in pain <input type="checkbox"/> Unkempt | Personal appearance <ul style="list-style-type: none"> <input type="checkbox"/> Looks well rested <input type="checkbox"/> Appears healthy <input type="checkbox"/> Well-groomed |

This document is confidential and should be handled with discretion.

SEA HEALTH & WELFARE

CROSS-RELIGIOUS CELEBRATION CALENDAR 2023

- Secular Days
- Danish Bank Holidays
- Christian
- New Pagan/Wiccan
- Hindu
- Bahá'í
- Zoroastrian/Parsian
- Chinese/Taiwan
- Sikh
- Rastafarian
- Japanese/Shinto
- Jewish
- Muslim
- Buddhist
- Other

Cross-religious celebration calendar 2023

Christian

20-Feb: **Ascension Day** (Ascension Day)

21-Mar: **Good Friday**

22-Mar: **Easter Sunday**

23-Mar: **Easter Monday**

24-Mar: **Easter Tuesday**

25-Mar: **Easter Wednesday**

26-Mar: **Easter Thursday**

27-Mar: **Easter Friday**

28-Mar: **Easter Saturday**

29-Mar: **Easter Sunday**

30-Mar: **Easter Monday**

31-Mar: **Easter Tuesday**

Islamic

20-Jan: **Islamic New Year**

21-Jan: **Islamic New Year**

22-Jan: **Islamic New Year**

23-Jan: **Islamic New Year**

24-Jan: **Islamic New Year**

25-Jan: **Islamic New Year**

26-Jan: **Islamic New Year**

27-Jan: **Islamic New Year**

28-Jan: **Islamic New Year**

29-Jan: **Islamic New Year**

30-Jan: **Islamic New Year**

31-Jan: **Islamic New Year**

Other

20-Jan: **Chinese New Year**

21-Jan: **Chinese New Year**

22-Jan: **Chinese New Year**

23-Jan: **Chinese New Year**

24-Jan: **Chinese New Year**

25-Jan: **Chinese New Year**

26-Jan: **Chinese New Year**

27-Jan: **Chinese New Year**

28-Jan: **Chinese New Year**

29-Jan: **Chinese New Year**

30-Jan: **Chinese New Year**

31-Jan: **Chinese New Year**

Secular

20-Jan: **International Day of the Girl Child**

21-Jan: **International Day of the Girl Child**

22-Jan: **International Day of the Girl Child**

23-Jan: **International Day of the Girl Child**

24-Jan: **International Day of the Girl Child**

25-Jan: **International Day of the Girl Child**

26-Jan: **International Day of the Girl Child**

27-Jan: **International Day of the Girl Child**

28-Jan: **International Day of the Girl Child**

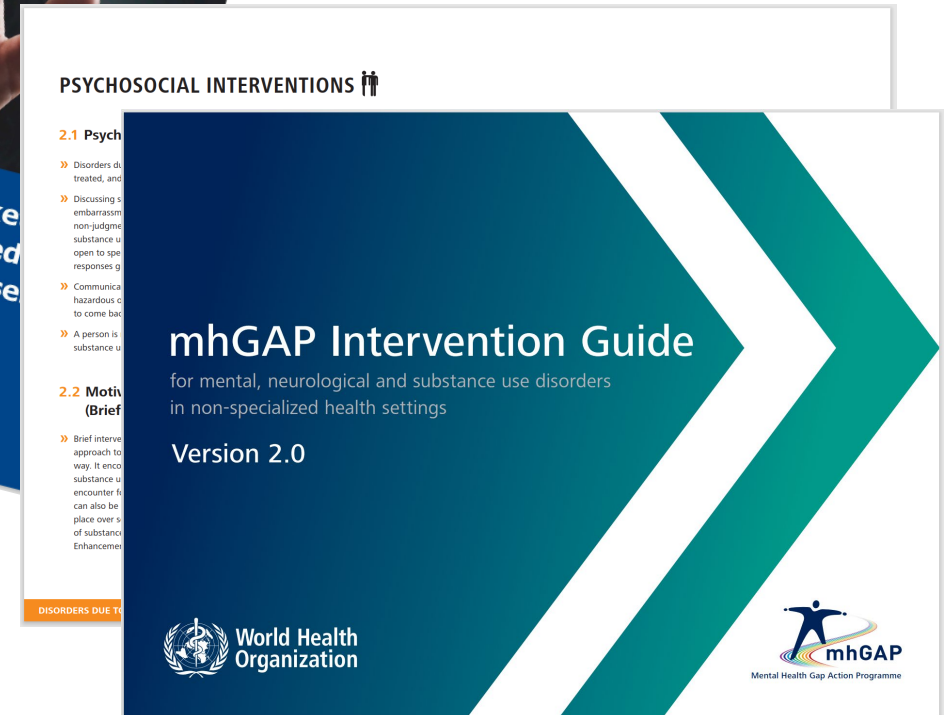
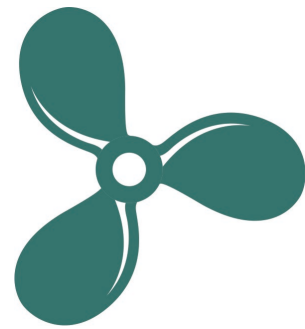
29-Jan: **International Day of the Girl Child**

30-Jan: **International Day of the Girl Child**

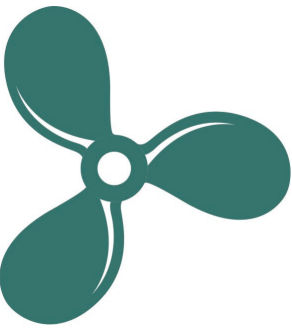
31-Jan: **International Day of the Girl Child**

Info@shw.dk - www.shw.dk

We stay up to date on new research and information

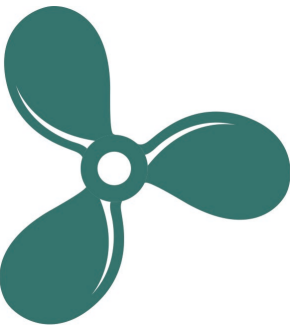


Next step for us



- Psychological safety
- DE&I mindset
- Minimising gaps
- Expanding mutual understanding
- Develop common language

Pitfalls and Drivers



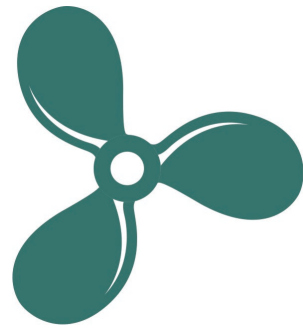
Pitfalls

- Own Bias
- Blame games
- Cultural barriers
- Data

Drivers

- Acknowledgement
- New expertises
- Charter / common goal
- Partnership
- Ressources

Thank you for listening



CRISIS COUNSELLING

CONTACT CRISIS LINE +45 7240 2610 (#5)

CONTACT HELPLINE FOR SEAFARERS +45 6015 5824

NEWSLETTER FROM SEA HEALTH & WELFARE



SEA HEALTH & WELFARE (HANDELSFLÅDENS ARBEJDSMILJØ- OG VELFÆRDSRÅD)

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FRIDAY 09.00 - 14.00

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