Seafarers face unique working conditions which can put them under a lot of stress, with fewer opportunities for relief than they would be likely to find on land.

Our Seafarers’ Mental Health and Wellbeing module focuses on the positive things seafarers can do to help themselves and their fellow crew members.

This training module, produced by Videotel in partnership with ISWAN - International Seafarers Welfare and Assistance Network, explores what seafarers can do to improve their mental health and wellbeing so that they can deal better with the challenges of life onboard.

**STCW**
Operation & Safety

**Learning objectives**
- to be aware of the impact that mental health and wellbeing issues can have on individuals and the importance of actively working towards enhancing them
- to know how to improve mental health and wellbeing using practical tools and strategies
- to be able to recognise signs of mental health problems or when people might be finding it difficult to cope and to know what to do about it
- to know how to find appropriate shore support when needed

**Duration**
24 minutes