

# Mental Health & Wellbeing of Seafarers

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## *Our purpose*

ISWAN provides the support and resources seafarers need for good physical and emotional wellbeing, so they are happy and healthy and have strategies to cope with life at sea. In times of mental or physical crisis, ISWAN provides external assistance for themselves and / or their families.



## *Our vision*

Better lives for all seafarers and their families



## *Our mission*

Improving the lives of seafarers and their families with services, resources, strategies and advocacy

## *How we do it*

### *Support to seafarers (service provider and connector)*

Direct support to seafarers and their families

Coordination and leverage of resources

Provision of crisis relief funds

Development of health and wellbeing resources



### *Working with stakeholders (educator and influencer)*

Collaborative partner and coordinator

Research into issues affecting seafarers

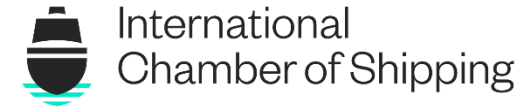
Connecting sector agencies

Providing intelligence on global seafarer issues

Improving the delivery of welfare to seafarers



# 80+ members including:



SHIP SUPPLY



- 24/7
- Multilingual
- Multichannel
- Confidential
- Seafarers and their family members
- Free service
- International coverage



# Other helplines

- Yacht Crew Help
- Shipping companies
- P&I clubs
- Unions
- Counselling service



# ISWAN Helplines 2022



## Top contact methods for new calls



**39%**  
Email



**31%**  
Live chat



**17%**  
WhatsApp

## Overall trends



▲ **674%**



**REPORT ABUSE**  
▲ **28%**



# Analysis - simple things matter

- Contact with family
- Shore leave and welfare facilities
- Living space
- Pay
- Food
- Keeping fit and healthy
- Training/personal development
- Interaction with others
- Fatigue



# Lessons from the pandemic

In the second quarter of 2020:



Compared with the same period in 2019

# Mental health

- 25% of seafarers found to have depression
- 17% of seafarers found to have anxiety
- Seafarers with depression or anxiety had at least twice the likelihood of work injury and illness over the previous year
- Seafarers with depression or anxiety significantly more likely to intend to leave seafaring in the next six months
- Key determinants of mental health issues: non-caring company culture, violence at work, job satisfaction and self-rated health

Yale University/ ITF Seafarers' Trust 2019

# Recruitment – what's the offer?

- Salary?
- Adventure?
- Explore the world?
- Status?
- Security?
- Being valued?



# Training



# Leadership



# Conclusion

- The seafarer's life is not getting easier
- There's still work to do on seafarer welfare
- There are implications for recruitment and retention

# ISWAN's role in the future

1



*Improve our processes and make better use of technology to meet the changing needs of seafarers*

2



*Develop timely responses to the most prevalent issues identified through helplines, regions and membership to educate the sector and influence change*

3



*Raise profile and position of ISWAN as a catalyst for delivering change to improve the lives of seafarers and their families*

4



*Develop a truly international organisation that is financially and operationally sustainable*