



Mental Health Data Research Hub for Seafarers

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Over 90% of the UK's visible trade is transported by sea. It is therefore of prime importance that the mental wellbeing of all seafarers onboard ocean going vessels is seriously taken into consideration.

Mental health is a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community. Research as C4FF has shown that many seafarers endure a range of stressful situation and this is often not seriously studied.

The purpose of this paper is to report the outcome of an investigation carried by C4FF and is European partners into the mental health problems of seafarers focusing on identification of the problems which create or lead to mental health issues with a view to make life on board more pleasant. There have been several studies by C4FF reviewing seafarers' difficult life on board ocean going vessels and looking at factors such as sleeping patterns which is known to impact on fatigue and stress in seafarers. Fatigue alone has led to many accidents and serious incidents at sea. Bullying is also a subject of interest which have often ignored but deserves a mention in the paper. The paper tries to respond to important questions such as; why should we study seafarers? Why is it important to study mental health? Why is it important to study the effects of bullying?

The paper offers a number of practical solutions to achieve a high level of mental hygiene and have some understanding the affects of the medicinal remedies.

The main purpose of this paper is to gather sufficient data and establish a data hub for mental well being of seafarers so that sufficient information is to gather for legislators helping to bring about new rules and regulations to improve mental health as sea.