



**Waypoint  
Maritime CiC**

# Maritime Mental Health Awareness<sup>©</sup>:

## Spotting the Signs and Responding to Concerns

**MENTAL HEALTH AT SEA:**  
*Prevention, Protection, Response*

**INDUSTRY SHIFT**

Awareness is growing:  
Investment in wellbeing brings:

- ✓ Improved safety
- ✓ Enhanced performance
- ✓ Reduced costs
- ✓ Supported retention
- ✓ Protected reputation

**EARLY INTERVENTION IS KEY**

Do you and your seafarers:

- Know what to look for?
- Know how to respond?

**WHY IT MATTERS**

 Suicide is an increasing concern  
(Lefkowitz, 2019; Marine Benefits, 2022)

 20-28% Depression Anxiety

Poor mental health contributes to fatigue, impacts alertness and performance, and increases the risk of accidents and injuries

**RESEARCH RECOMMENDS**

 **Training Officers**

First Response Skills | Leadership role in wellbeing | Develop Awareness

Brooks & Greenberg, 2022; Seafarer Hospital Society & Yale University, 2022

**MARITIME MENTAL HEALTH AWARENESS (MMHA) TRAINING**

**RECOMMENDED BY RIGHTSHIP**

-  Recognise the Signs
-  Respond with confidence
-  Connect to support

### Why Choose Maritime Mental Health Awareness (MMHA)?

Our unique blend of clinical expertise and maritime understanding makes MMHA training *the* Gold Standard: evidence-based, psychologically informed and directly relevant to real life at sea.

Designed by a Consultant Clinical Psychologist with specialist maritime expertise<sup>1</sup>, it combines best practice in mental health *and* extensive experience supporting seafarers through the unique challenges they face. MMHA recognises the reality of life on board and the limitations of response mechanisms at sea. MMHA guides participants on a clear journey: from understanding the fundamentals of mental health, through best practice in prevention and promotion of wellbeing on board, to building the skills needed for safe and effective response.

Waypoint Maritime exists to advance best practice in seafarer mental health. As a not-for-profit, we reinvest all surplus into guidance, advocacy, and support across the maritime sector — so when you choose MMHA, you secure the highest quality training for your team, while extending its impact far beyond the training room.

<sup>1</sup> Designed by Waypoint Maritime Director, Dr Pennie Blackburn (D.Clin.Psych), the daughter of a master mariner. She is the author of the Good Mental Health Guides, Self-help for seafarers: *Psychological Wellbeing at Sea*, & *Managing Stress and Sleeping well at Sea*, and Industry Guidance *Mentally Healthy Ships: Policy and Practice to Promote Mental Health on Board* all published by ISWAN. Dr Blackburn trained and supervised the SeafarerHelp and YachtCrewHelp helpline officers in mental health and wellbeing response skills including risk assessment and risk management over several years. She has combined all this experience with over 25 years' experience in mainstream mental health, specialist trauma and international psychosocial support services to design Maritime Mental Health Awareness training.

## Course Content

### *Education & Shifting Stigma*

MMHA tackles stigma head-on, reshaping attitudes in real time. We educate about what mental health is, clarify terminology and discuss stigma, introduce a clear psychological framework for understanding the factors that influence wellbeing, and ground everything in the lived realities and stressors of life at sea, supporting this with the most recent data, including company-specific insights where available.

- Understanding mental health and wellbeing
- Factors that influence mental health
- Demystifying stress, distress and mental health problems
- Stressors of life at sea

### *Prevention & Promotion of Wellbeing*

Prevention and mental health promotion are crucial elements of wellbeing at sea. Participants learn evidence-based strategies from positive psychology for their own wellbeing, explore stress management skills, and consider how senior officers and shoreside staff play a vital role in shaping mentally healthy working environments on board that support and sustain crew wellbeing.

- Psychological Wellbeing at Sea
- Stress management strategies
- Explore the role of officers and shoreside staff in crew wellbeing

### *Safe & Effective First Response Skills*

Potentially days away from port, seafarers themselves are the only available first responders on board. They need the skills and confidence to manage crew struggling with their mental health and to know how to access further support. Shoreside staff play a vital role in supporting them remotely, while Chaplains and Port Welfare Officers can step in once the ship reaches the quayside. They all need to understand how best to help.

- Recognising signs of distress
- Psychological First Aid skills
- Building confidence through practice under expert guidance

### *Participants Resources to Take Away:*

- Training Handbook – a dedicated resource to use during the course and for future reference.
- Digital Self-Help Guides – *Managing Stress & Sleeping Well at Sea* and *Psychological Wellbeing at Sea*, authored by the course designer (published by ISWAN).
- Certificate of Attendance – awarded on successful completion of the course.

## Who Should Join?

The course is ideal for:

- The Top 4 senior officers and bosuns on commercial shipping vessels
- Head of department and other Seniors on Cruise and Superyachts
- Shoreside staff who have a seafarer-facing role
- Port Welfare Staff & Chaplains

Our experience shows that shoreside staff and senior officers gain real value from training together. It creates a unique opportunity to share perspectives, understand each other's challenges, and strengthen their complementary roles in supporting crew wellbeing — ensuring a more effective response in times of need.

## Additional Modules

### *Suicide Prevention*

Provides a more advanced level of training. This module is suitable for those who would benefit from a greater understanding of suicide awareness, risk and prevention. It builds on the Psychological First Aid framework, explores myths and misunderstandings around suicide and equips participants keep seafarers safe. It is only available to those who have completed Modules 1 and 2. This module strengthens practical skills to have safe, constructive conversations about suicide and protect those at risk, knowing how and when to act in a mental health emergency.

### *Refresher Training*

Keep skills sharp and reinforce confidence in effective, real-world use. Refresher training provides an opportunity to revisit the skills learned in previous training. It is designed to remind participants of the key learnings and allows participants to share their experience of using the skills developed in previous trainings, explore any challenges they have faced in the interim period and ask any further questions.

## Feedback that speaks for itself

This course not only educates but also fosters a more compassionate and supportive community for those facing mental health challenges – Senior Officer, 2024

We are so appreciative of the extra time you took to understand our needs and to tailor the course for us. Personally, I found the course illuminating and thought-provoking and hope that it will help me manage my own mental health as well as making me a better colleague and insurance professional – Personnel, MHG Insurance

I've acquired practical techniques/tools for managing stress, handling difficult conversations and practicing self-care – Senior Officer, 2024

Continuing education in this area is crucial as it empowers individuals to recognize the signs, initiate conversations, and provide the necessary support to potentially save lives. – Senior Officer, 2024

## Proven Impact

*Real result from Real seafarers – evidence that MMHA training makes a measurable difference.*

- **285** training delivered
- **5,121** participants trained
- **98%** feel better equipped to recognise when crew are struggling
- **95%** feel more confident to respond effectively
- **96%** would recommend the training to colleagues

## MMHA Practicalities:

- **12–24 participants.**  
These numbers allow for small-group work, active peer learning, and practice with new skills, with plenty of chance to ask questions and share real-world experience. Our experience shows this setup delivers the best outcomes online.
- **Two modules of 4½ hours** (including breaks).  
*Module 1&2* are normally delivered together on consecutive days but can also be separated by up to a month.
- **Delivered over Zoom.** Breakout groups, live polls, video and interactive exercises keep sessions lively and engaging, while low bandwidth needs and easy access from any device give us global reach — ideal for seafarers.
- **Inclusive and flexible** — every course is designed to be relevant across cultures and nationalities. Our network of Associate Trainers allows us to deliver in Mandarin, Tagalog, and English, across flexible time zones.
- **Expert facilitators** — training is led by experienced mental health professionals who combine presentation, discussion, and real-time support to maximise participation and impact.

## Uniquely Tailored for your organisation:

We like to have a quick conversation, before booking, to understand your needs and ensure our training is the right fit. This also allows us to tailor each course to your operational context. The MMHA course is designed for the maritime sector in all its diversity — from commercial shipping and superyachts to insurers, chaplains, port welfare officers, and other seafarer-facing roles.

## Course Costs

Waypoint Maritime CiC is a not-for-profit community interest company. We strive to keep our costs low in order to reach as many seafarers as possible.

**MMHA:** We value this course at a highly competitive rate of £250 per person. We offer a highly competitive fixed fee for up to 24 people of £3250. Making this course not only the best course you can do but also one of the most affordable.

**Suicide Prevention.** Open only to those who have previously completed Module 1 and 2. Module 3 can be offered immediately after module 1 and 2 or at a later date. This ½ day course is offered at £150 per person.

**Refresher Training:** We suggest participants undertake refresher training approximately every 12 months. This ½ day course is offered at £150 per person.

Multiple bookings and larger groups may benefit from a discount.

## Ready to take the next step?

Book a short zoom call with us <https://calendly.com/waypoint-maritime/waypointmaritime> to explore how MMHA can support your crews, or email us at [Enquiries](#) to arrange training for your organisation.