



SAFETY ALERT: MENTAL HEALTH

These are special times for all of us right now. By taking good measures, see our previous Safety Alerts, the risk of contamination can be reduced. In addition, we should not underestimate the consequences of this situation on our mental health. People deal with feelings such as insecurity, fear, fatigue and frustration.

Perhaps you, someone at home or a colleague is not fit and you are concerned about that. You may not be sleeping well and are tired. It may be that you have opted for a longer time on board than what you are used to and you are dealing with boredom or homesickness. It is also possible that there are tensions within the crew or perhaps with your relationship at home.

With this Safety Alert we try to give guidelines on how to deal with this.



POSSIBLE DANGERS

- Stress and anxiety that affect mental health and therefore work / work safety.
- Fatigue.
- Tensions within the crew that affect safety.

WHAT CAN YOU DO?

- Keep in touch with family and friends at home. Also make sure that the crew members can maintain contact with the home front, for example by making Internet or minutes available.
- Eat healthy and take your time to rest.
- Try to focus on helping and positive thoughts.
- Find distraction and do not constantly worry about Corona news.
- Make sure that the information you get comes from reliable sources, such as national news stations and press conferences.
- Make sure you have varied work and make room for relaxation and exercise. Play a game of cards together, watch a series or do some [exercises](#) ([more exercises](#)). Humor can also cause for the necessary relaxation.
- Talk to each other and also ask about the home situation. Everyone deals with the situation differently so take each other seriously, even if you are calm under the situation.
- Be patient with each other. It is a strange time for everyone and everyone deals with it differently.
- Seek help if needed:
 - Red Cross Helpline (070-4455 888) (Dutch)
 - The listening line is available 24 hours a day (0900-0767, via chat or email) (Dutch).
- Always adhere to the regulations communicated by the government.

References/Sources:

<https://www.psychologiemagazine.nl/> Dutch

<https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health>