

MENTAL HEALTH

Understanding the terms, breaking the stigma, supporting each other



Mental health:

Everyone has it. It's about how we think, feel and cope



Mental illness:

Diagnosable conditions like anxiety or depression

Mental health issue:

any challenge or difficulty that affects mental well-being.



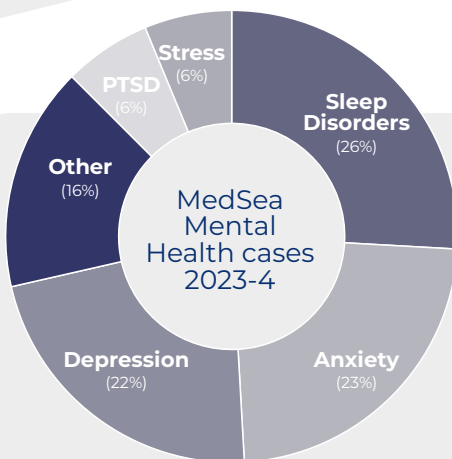
1 in 4 adults will experience a mental health issue at some point in their lives*

*Source: World Health Organization



Psychologist: Specialises in therapy and counselling for emotional issues

Psychiatrist: Doctor who prescribes, diagnoses and treats complex issues



Mental health on ships

Headaches, low energy and digestive issues:

Mental health issues can manifest through physical symptoms

Anyone can suffer with a mental health issue:

A variety of ages, positions and gender request emotional support

Common stressors for crew include:

Work stress, lack of sleep, ABHDV*, relationship and family issues

*Abuse Bullying Harassment Discrimination and Violence

Emotional Support



Listening, empathy and connection

In-the-moment support for a traumatic event. May require further support like counselling

Counselling



Short-term, issue-focused talking support

Exploring the issue and helping to increase resilience and develop coping mechanisms

Therapy



Professional help to explore deeper issues

Support to develop long term resilience, looking at underlying patterns, past experiences, and

HELP IS AVAILABLE!

Early intervention and support significantly improve outcomes.

MedSea
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Contact MedSea for confidential support - no concern is too small!

Our team takes a holistic view of your mental and physical health. We're specialised in supporting you through challenging situations and when needed can refer you to counselling services to increase resilience.

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