**Mental health and wellbeing resources [category ‘Promote’]**

Information, tools, and techniques for creating conditions on board that promote positive mental health and wellbeing.

[**Series of Good Mental Health Guides for seafarers**](https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health)Evidence based self-help guidance covering; Steps to Positive Mental Health, Psychological Wellbeing at Sea and Managing stress and Sleeping well at Sea.

[**Seafarers Mental Health and Wellbeing: Facilitator Notes**](https://www.maritimetraining.com/Seafarers-Mental-Health-and-Wellbeing-Facilitator-Notes.pdf)A facilitator’s guide that accompanies a training package for exploring what seafarers can do to improve their mental health.