**Mental health and wellbeing resources [category ‘Protect]**

Good practice guidance for policies, systems and structures that protect positive mental health and wellbeing onboard.

**Policy & Guidance**

[**Mentally healthy ships: policy and practice to promote mental health on board**](https://www.seafarerswelfare.org/assets/documents/resources/Mentally-Healthy-Ships.pdf)

Useful information for companies & operators on how best to devise and implement mental health policies and practices that promote and protect positive mental health shore-side and on-board.

[**Guidelines to shipping companies on mental health awareness**](https://www.ukchamberofshipping.com/library/guidelines-shipping-companies-mental-health-awareness/)

Information on establishing clear policies that help set a positive company culture, promote awareness of the importance of good health and wellbeing, and provide clarity to employees on the support available.

[**Practical guidance for shipping companies on improving mental wellbeing**](https://www.ukchamberofshipping.com/latest/practical-guidance-shipping-companies-improving-mental-wellbeing/)

Practical policy guidelines for companies & operators to promote mental wellbeing for seafarers, which can also be applied to shore personnel.

[**Wellbeing at sea: a guide for organisations**](https://www.tsoshop.co.uk/Transport/Maritime-and-Coastguard-Agency-MCA/?DI=652739)

Practical policy guidance for shore & onboard management for optimal care of seafarers, which ultimately improves seafarer wellbeing and business efficiency onboard vessels. Available to purchase from The Stationary Office.

**Bullying & Harassment**

**[Guidance on Eliminating Shipboard Harassment and Bullying](https://www.seafarerhelp.org/assets/downloads/guidance-on-eliminating-shipboard-harassment-and-bullying.pdf)**

 Assistance for companies & operators to develop policies and plans to eliminate bullying and harassment onboard ships.

[**Best Practices Guide on Prevention of Sexual Assault and Sexual Harassment in The US Merchant Marine**](https://www.seafarerhelp.org/assets/downloads/Best-Practices-Guide-on-Prevention-of-Sexual-Assault-and-Harassment.pdf)

Guidance on seafarers’ responsibility to be respectful and actively participate in a work environment free of sexual assault, harassment and other prohibited behaviours.

**Fatigue Risk Management**

[**Fatigue guidelines: managing and reducing the risk of fatigue at sea**](https://www.amsa.gov.au/sites/default/files/amsa-fatigue-guidelines-web.pdf)

Simple information for companies & operators on the causes, consequences and management of fatigue. Primarily aimed at managers /operators of Australian regulated vessels but can be applied by all.

[**MGN 505 (M) Human Element Guidance - Part 1: Fatigue and Fitness**](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/976194/MGN_505_Amendment_1.pdf)

Information for companies & operators, shore & onboard management, on causes of fatigue and guidance on good practice to prevent and manage fatigue.

**Traumatic Stress, Crisis & Post Critical Incident**

[**Managing Traumatic Stress: Guidance for Maritime Organisations**](https://www.google.co.uk/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwi_88_EiIL2AhW0QUEAHfijC_8QFnoECAUQAQ&url=https%3A%2F%2Fwww.nepia.com%2Fmanaging-traumatic-stress-pdf%2F&usg=AOvVaw2_gTSJKiKEpinv4xCLKc_K)

Information for companies & operators to develop a traumatic stress management policy or guideline.