[**The Mental Health of Seafarers**](http://static1.1.sqspcdn.com/static/f/380644/5595589/1265084276127/Mental%2BHealth%2Bof%2BSeafarers.pdf?token=fUN2SC0X4OYEKyniy9yOqO1UfmA%3D)

An information leaflet and checklist to help identify and assist a seafarer with depression and stress. Whilst named helplines are targeted at Australian-trading vessels, the psychologically sound advice has global application.

[**A Standard for Seafarers’ Mental Health Awareness and Wellbeing**](https://shop.witherbys.com/a-standard-for-seafarers-mental-health-awareness-and-wellbeing-training/)

Training Developed from the Mental Health First Aid approach, the standard contains suggested criteria for the development of a training course concentrated on seafarers’ mental health and wellbeing.

Although no suggested criteria is offered on the professional mental health background of trainers, clear direction is given on the need for awareness of seafaring-specific challenges.

Available to purchase from Witherby’s.