



As a provider of P&I insurance for vessels trading worldwide, the wellbeing of seafarers serving on Member's vessels remains a key focus of the Club's Loss Prevention department.

In partnership with the International Seafarers' Welfare and Assistance Network (ISWAN) the Club has published a series of Good Mental Health Guides to raise awareness of the importance of mental wellbeing on board. The second guide in the series, *Psychological Wellbeing at Sea*, was written by Consultant Clinical Psychologist Dr. Pennie Blackburn and uses evidence from the field of Positive Psychology, to provide seafarers with straightforward, practical tips on how to enhance their wellbeing despite the many challenges of life at sea.

Mindful of our international market, the Club is now pleased to offer this guidance in [Filipino](#), [Hindi](#), [Russian](#), [Chinese](#) and [Spanish](#), ensuring that this information is helpful and accessible to our diverse Membership.

This article is one in a series of articles produced in partnership with ISWAN, which have been shortlisted in the Best Crew Welfare Programme/Campaign category of the Safety at Sea Awards 2018. [View the series so far.](#)