



▶ PSYCHOLOGICAL WELLBEING AT SEA - INFOGRAPHICS

SHIPOWNERS

In partnership with the International Seafarers' Welfare and Assistance Network (ISWAN), the Club is releasing a series of Good Mental Health Guides to better mental wellbeing on board. This includes guidance on how to maximise *Psychological Wellbeing at Sea*.

The Psychological Wellbeing at Sea booklet draws together some of the best evidence available to offer practical recommendations to maximise psychological wellbeing on board. This includes strategies to find support, connect with others do more of what makes you happy.

To further enhance this initiative, the Club has issued four infographics which can be displayed on board to remind crew of these useful techniques to boost mental wellbeing whilst away at sea:

[Connect with others](#)

[Do more of what makes you happy](#)

[Finding support](#)

[What science says](#)

This article is one in a series of articles produced in partnership with ISWAN on the topic of psychological wellbeing at sea. [View the series so far.](#)