

## **Steps to Positive Mental Health - Translations**

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 recently published <u>Steps to Positive Mental Health</u> booklet provides seafarers with proactive strategies that can be easily adopted to reduce stress levels at sea.

As the map below depicts, the Club's Members operate in a variety of specialist sectors across the globe providing a spread of risk and low exposure to individual catastrophe. The diverse nature of our Membership helps to deliver stability.



\*Figures as at 31 December 2017

Mindful of our international market, the Club is now pleased to offer this guidance in <u>Arabic</u>, <u>Chinese</u>, <u>Filipino</u>, <u>Hindi</u>, <u>Russian</u> and <u>Spanish</u> ensuring that this information is helpful and accessible to our diverse Membership.

The Steps to Positive Mental Health guide is primarily aimed at seafarers; however it is also a useful tool for shore side departments, offering insight into how their crews may be affected by stressful situations on board.

This article is one in a series of articles produced in partnership with ISWAN on the topic of psychological wellbeing at sea. <u>View the series so far</u>.

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