

# MENTAL HEALTH: RECOGNISING THE SIGNS

Do your crew show signs of any of the following?

## PHYSICAL SYMPTOMS

- Frequent minor illnesses, headaches or stomach upsets
- Difficulty sleeping
- Constant tiredness or feeling of fatigue/being run down
- Shadows under the eyes
- Red eyes, broken blood vessels in the eyes
- Lack of care over appearance
- Sudden weight loss or gain
- Minor physical ailments
- Evidence of self harm (unexplained cuts, bruises or burns – covering up in all weathers – self loathing)
- Voicing thoughts of low self worth and confidence

## EMOTIONAL AND BEHAVIOURAL

- Irritability
- Aggression
- Tearfulness
- Loss of humour
- Indecision
- Inability to concentrate on tasks
- Increased errors, missing deadlines or forgetting tasks
- Increased consumption of alcohol, caffeine, cigarettes and/or sedatives
- Loss of confidence
- Forgetfulness
- Becoming withdrawn and preferring own company
- No interest to participate in conversations or social activities
- Spending increasing amounts of time alone in their cabins
- Disruptive behaviour, being louder than usual
- Poor job performance
- An employee who is normally punctual frequently arriving late on duty

**If you notice a fellow colleague or crewmember experiencing any one or more of these signs, on a regular basis, or constantly over a two week period, or if you are concerned about your own mental health – please talk to someone. Don't suffer in silence!**

Further advice and support can be found on [www.seafarerhelp.org](http://www.seafarerhelp.org) or via SMS support service +447624818405 (provided by ISWAN)