

HEALTH FOCUS: MENTAL HEALTH

Have you experienced any of the following symptoms for more than two weeks?

- Feeling miserable or sad most of the time
- Disinterest in usual activities or socialising
- Lacking in confidence
- Unable to make a decision or concentrate
- Having problems sleeping
- Feeling anxious and tense, irritable and frustrated
- Suffering headaches, stomach upsets and/or muscle pains

We all experience these symptoms from time to time – it does not necessarily mean you're depressed. But if they persist, don't suffer in silence!

Advice and support can be found at www.seafarerhelp.org via SMS +44 76248 18405 or the Wellness at Sea App.

UK P&I Club in conjunction with Sailors' Society and ISWAN