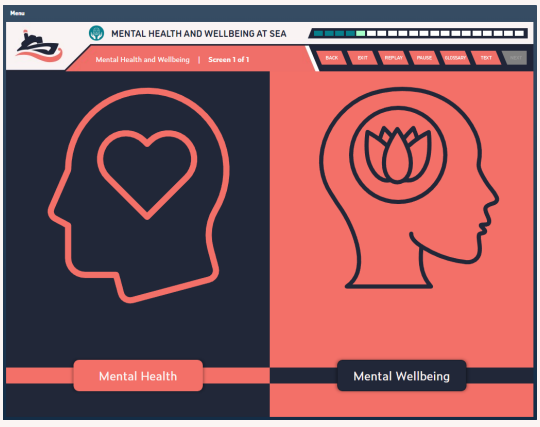
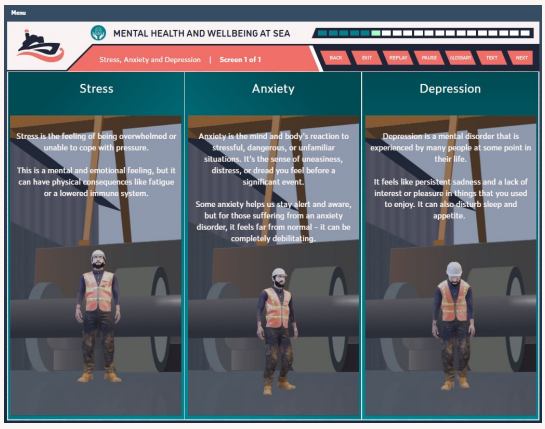
INTELLIGENT SEAS GROUP

MENTAL HEALTH AND WELLBEING AWARENESS ELEARNING COURSE

LEVEL OF COURSE	Awareness
DURATION	30 minutes
SUITABLE FOR	All seafarers
PRE-REQUISITES	None
STANDARD(S)	Code of Safe Working Practices
LANGUAGE	English





In this Mental Health and Wellbeing at Sea elearning course, delegates will learn how to look after their mental health while at sea, and how to recognise the signs of mental health problems and support others.

Life at sea can be difficult, as seafarers spend long periods of time away from their families leading to loneliness, stress, and depression. This fully online course contains information about what to can do if you think a friend or colleague who may be struggling, and includes links to useful resources and gives learners the tools for looking after their mental health and wellbeing.

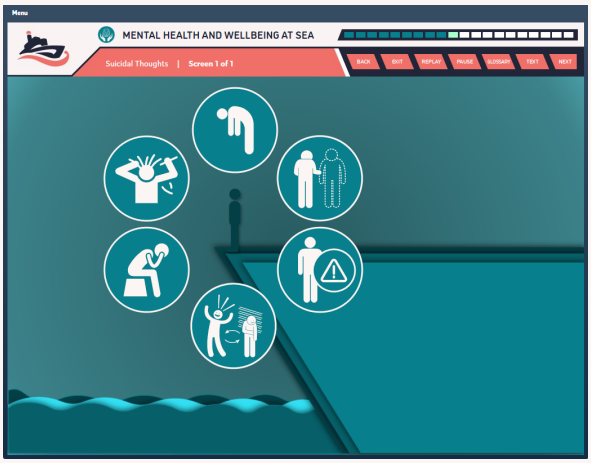
LEARNING OUTCOMES

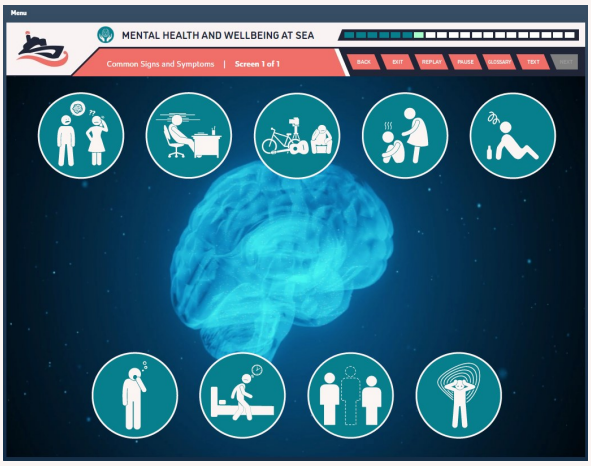
LO1: Define mental health and wellbeing and the impact that it can have on individuals

LO2: Describe the practical tools and strategies to improve mental health and wellbeing

LO3: Define the signs of mental health problems in yourself and others

LO4: Identify where you can find appropriate shore support when needed





ASSESSMENT

End of course assessment with an 80% pass mark.

CONTACT US: enquiries@intelligent-seas.com

Or fill in the contact form on our website

www.intelligent-seas.com