

Let's Talk

CARE FOR PEOPLE



The Let's Talk booklet is the next series in the Care for People programme. The booklet consists of four modules titled:

- We All Have A State of Mental Health
- Support Structure
- ALL ACT – Support Others
- Promoting Positive Mental Health and Reducing Stigma

These modules aim to reduce the stigma of mental health in shipping, empower seafarers to have better conversations about mental health together and help them to know how to access professional support when it is needed.

Why do we need to Talk about Mental Health

- Talking about mental health is a way of demonstrating care.
- When our seafarers feel safe and cared for there are fewer accidents, incidents and adverse events.
- Mentally well seafarers are more resilient and more productive – especially important as the commercial pressures increase.

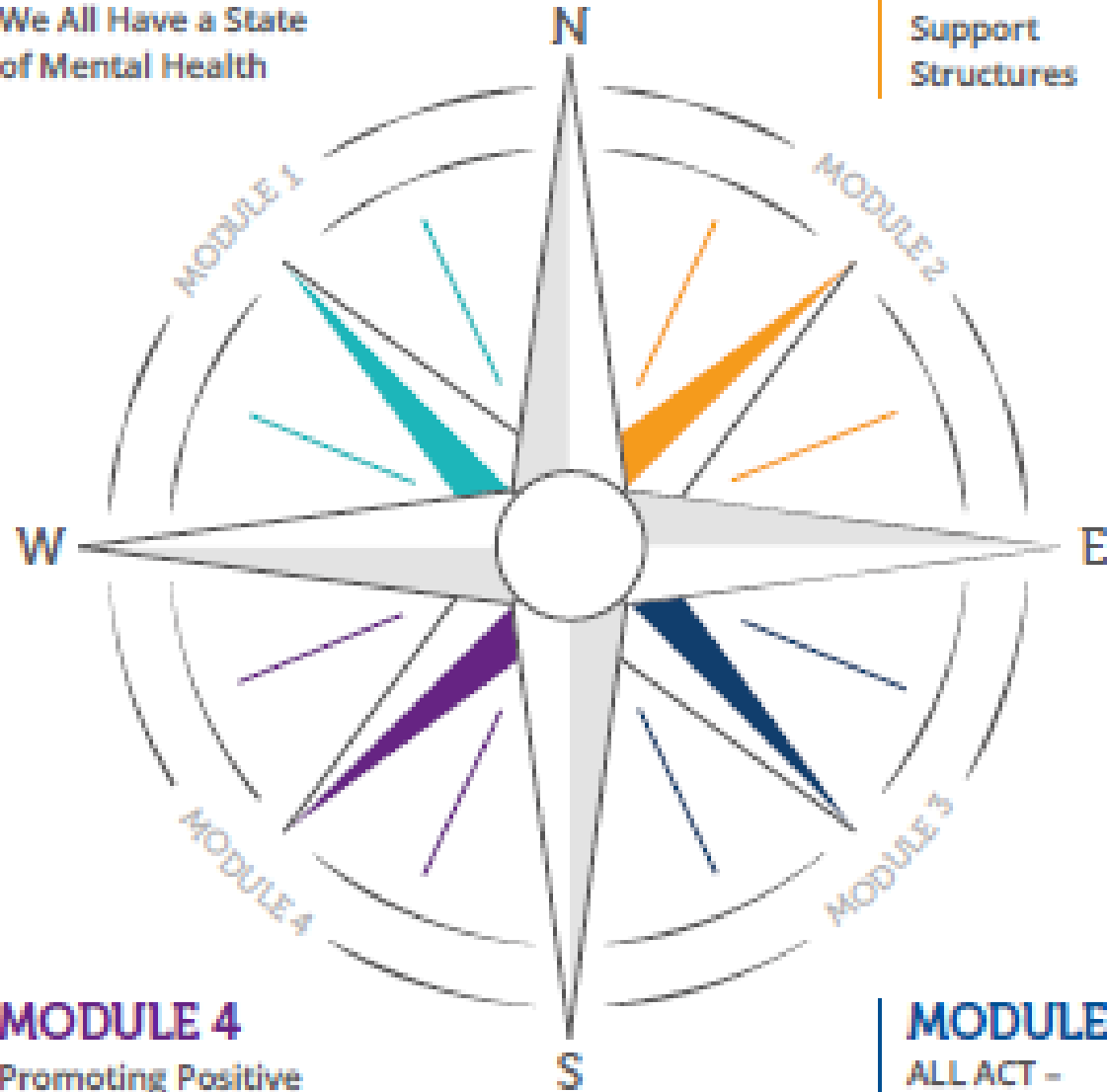


MODULE 1

We All Have a State
of Mental Health

MODULE 2

Support
Structures



MODULE 4

Promoting Positive
Mental Health and
Reducing Stigma

MODULE 3

ALL ACT -
Supporting
Others

There are 4
Modules and
they should be
done in that
order

Module 1. We all have a State of Mental Health

Goals



Understand that we all have a state of mental health just as we have a state of physical health – and how it can vary.



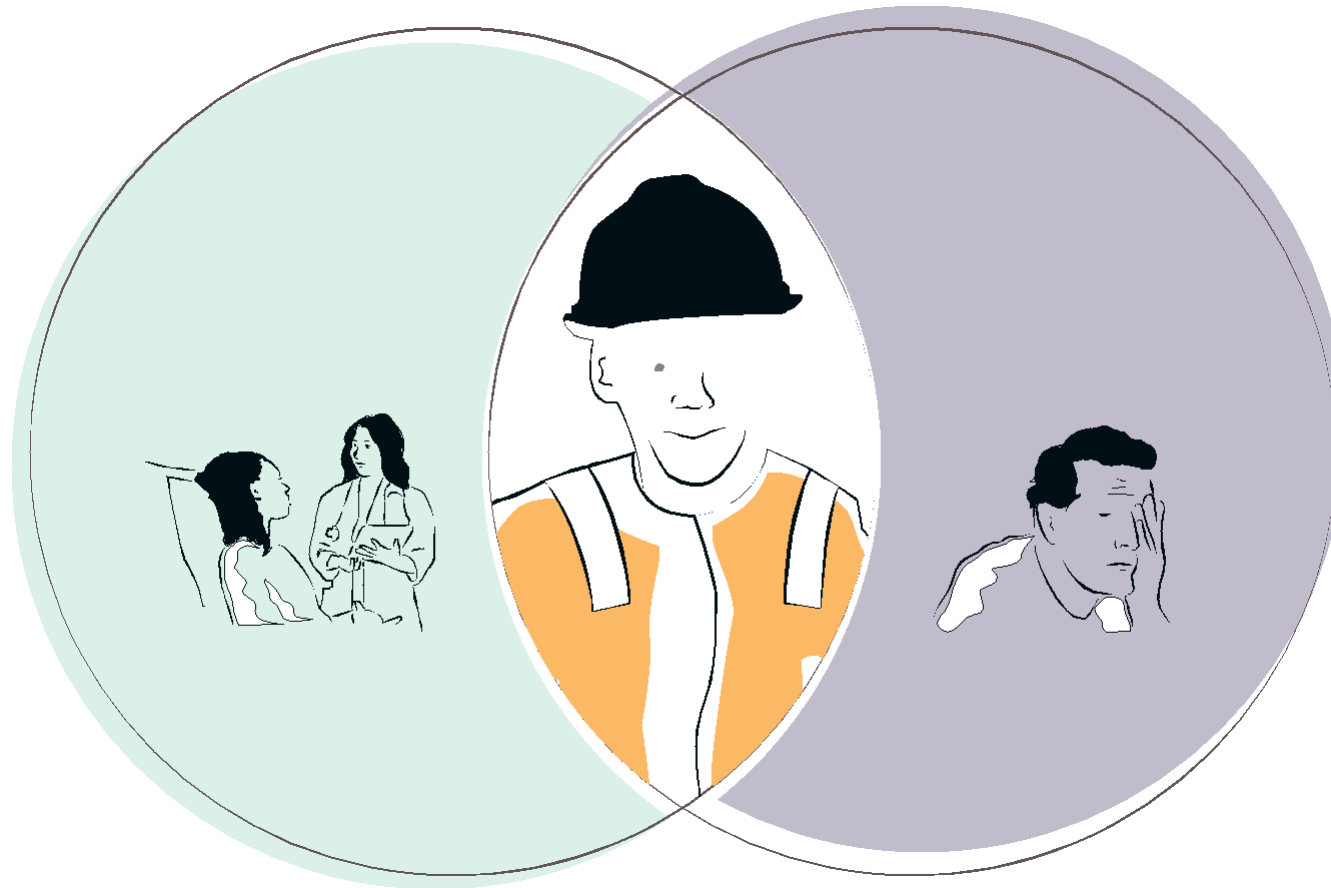
Identify those things that can have positive and negative effects on our state of mental health and that they are similar for us all.



Discover how, by talking about our mental health, we can understand ourselves, support each other and reduce stigma.

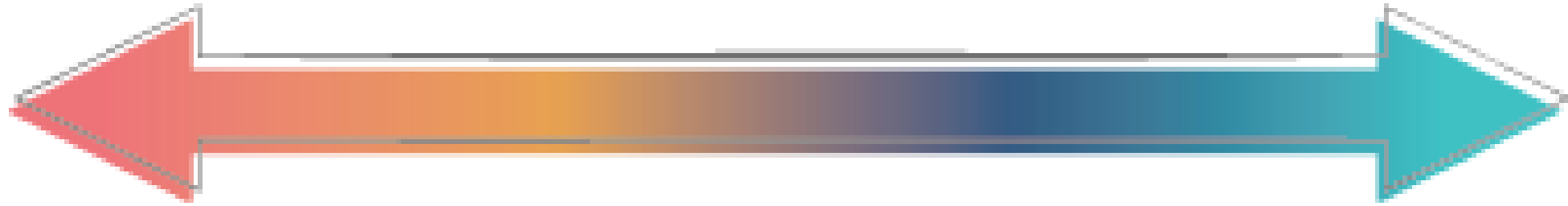
We all have a state of physical health and a state of mental health.

THINK ABOUT
YOUR **PHYSICAL**
HEALTH RIGHT
NOW AND HOW
HEALTHY YOU
FEEL?



THINK ABOUT
YOUR **MENTAL**
HEALTH RIGHT
NOW AND HOW
HEALTHY YOU
FEEL?

Our mental health can be anywhere on this scale at any time.



Mental
ill health



**Feeling very sad or
depressed or anxious.
This is where we require
help**

Struggling



**Struggling at times eg.
due to lack of sleep or
financial problem etc**

OK



**That's where we are
most of the time.
Getting along and
managing our life**

Thriving



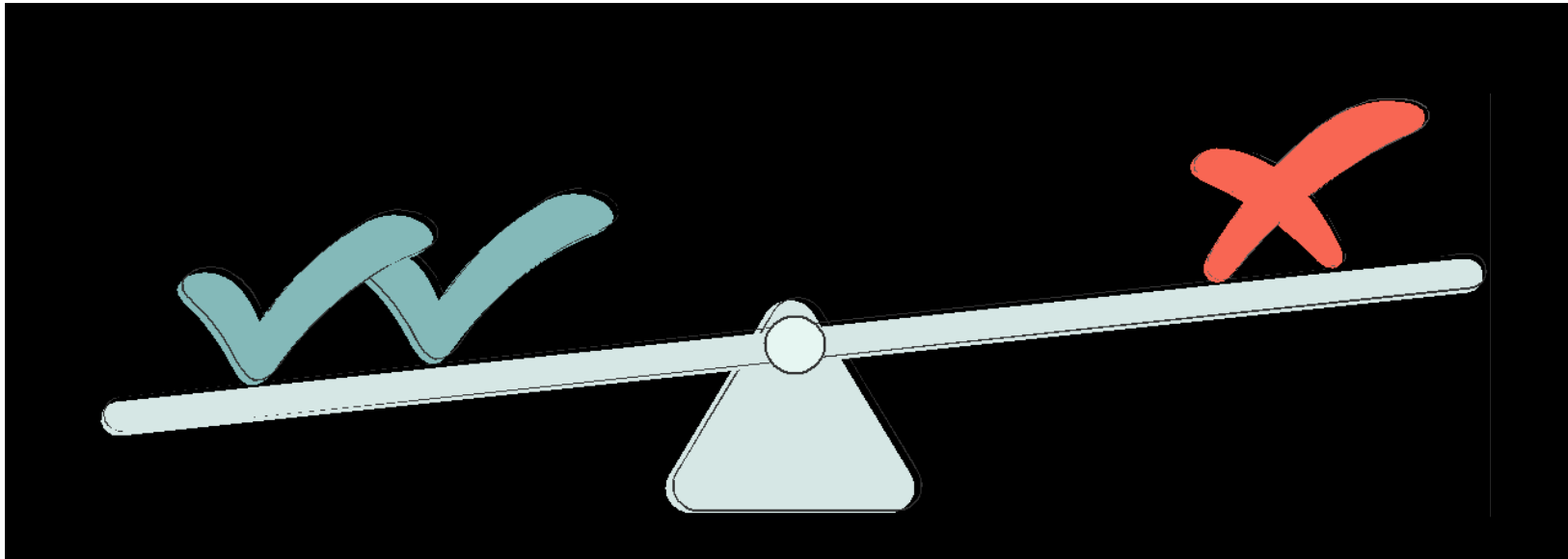
**You are feeling great.
Things are working well
and life is good**

Positive And Negative Influencers

Think about what factors improve your mental wellbeing and what factors have a negative impact, e.g. home, work, friends and family etc.

List them.....

- INCREASE THE POSITIVE INFLUENCERS ✓
- AND REDUCE THE NEGATIVE INFLUENCERS ✗



Module 1. Summary

- We all have a state of mental health in the same way we have a state of physical health.
- Your state of mental health can change constantly and it's good to recognise the positive and negative influencers on it.
- Understanding that we all have a state of mental health and that at times we can struggle allows us to help ourselves and each other.



Module 2. Support Structures

Goals

- We can be proactive in improving our mental health.
- Using the support systems it will help us to find solutions to problems rather than letting them go on.
- Identifying sources of help before an issue happens helps us to be prepared and gives us confidence to act.



We would all like to be in the “Thriving” area all the time but that’s unrealistic.

Most of the time we are in the “OK” section and sometimes in the struggling area

Being ‘OK’ is fine. We cannot be thriving all of the time.

Its OK to struggle, it is part of life.

- **When we are ill we need help and support. It is very important to realise when we are ill and to tell someone so we can get help and treatment.**

Managing your Mental Health

Improving your Mental Health



Connect



Be Active



Keep Learning



Give to Others



Be Mindful

Identifying Sources of Help and Support

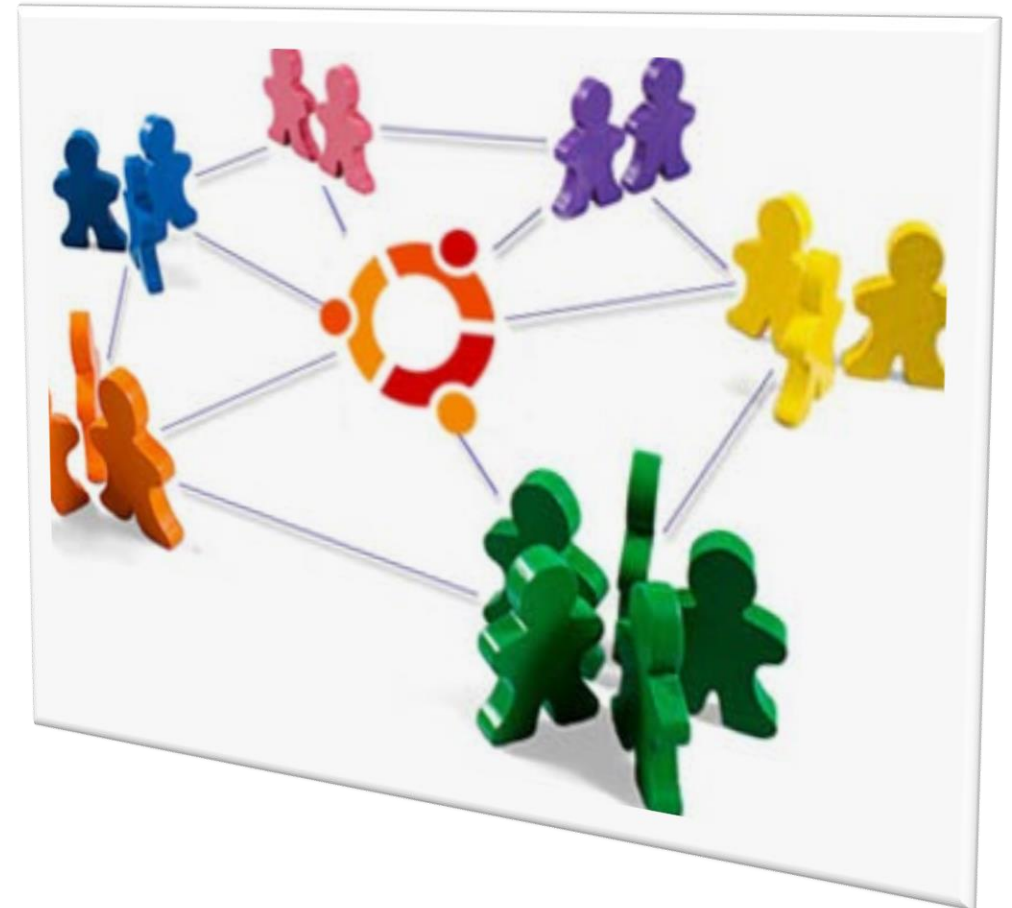
Making Connections

➤ **Personal Support Systems**– Family members, friends, neighbours, work colleagues, faith based organisations

➤ **Company Support Systems** –

- On the ship Captain, Seniors or colleagues
- On-shore – DPA, MLCR, Crewing Team

Want to talk it out? Call our helpline number in Poster GP80.



Module 2 - Summary

- We can make positive steps to improve our own mental health using recognised techniques and the Resilience programme.
- Asking for help and support is a positive – we don't always have the solutions and we learn and grow from other.
- Identifying the types of support available allows us to be prepared and gives us confidence to seek support when an issue arises.



It's OK to get help

Module 3 – ALL ACT. Supporting Others

Goals

We can all help each other at the human level, feeling confident to ask our colleagues: **“Are you ok?”**

Using **ALL ACT** is a structured way to open a conversation and support your colleagues.

Be aware of the help available to support your colleagues and make sure you take care of yourself too.

“Are you OK?”

If we are struggling we may act differently from our ‘normal’ behaviour.

For example we may be:

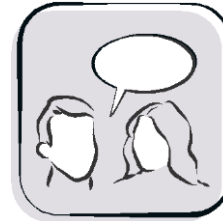
- Quieter, and bad tempered
- Withdrawn, staying in our cabin
- Not coming to dinner
- Distracted
- Look tired or unshaven



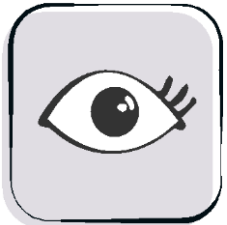
ALL ACT



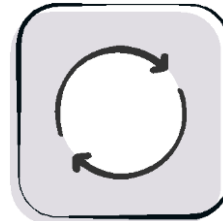
ASK Don't Make assumptions or
Don't guess how they are feeling or
what is happening for them
or Diagnose and act like a doctor



ACT Do ESCALATE if required



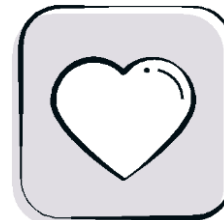
LOOK Don't Comment on
their appearance



CHECK BACK Do Let
them know you are open to talk
again as well



LISTEN Do Ask for
clarification



**TAKE CARE OF
YOURSELF** as well

Module 3 - Summary

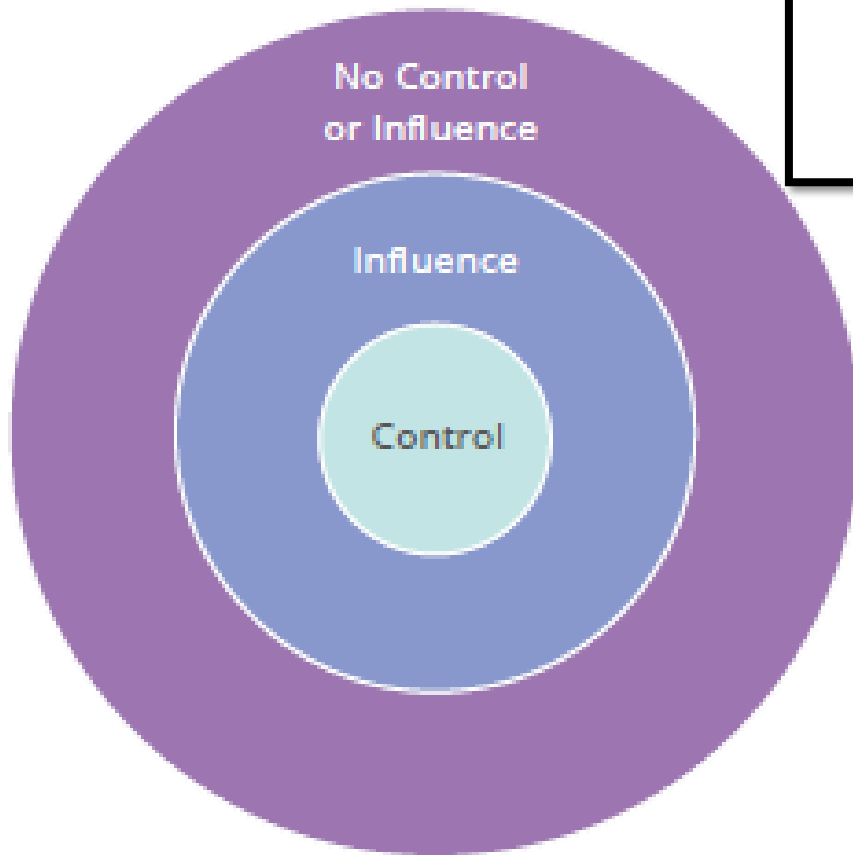
- Using ALL gives you a structured way in which to approach a colleague who you may be worried about.
- You don't need specialist training to do this, just to be a concerned colleague.
- It is vital that you know when to escalate and to seek appropriate help



Module 4 - Promoting Positive Mental Health and Reducing Stigma. Goals

- Finding ways to positively improve our working environment, which can make a big difference to everyone's mental health.
- Understanding what we can control and influence within our environments.
- Reducing stigma and making mental health a subject that we are happy to talk about.

How?



Of course, we can't change everything, but it is important to identify:

- Those factors we do have the power to control – we can directly manage and control them
- Those factors which we may not have personal control over but which we have the opportunity to influence
- Those factors which are out of our control or influence

CONTROL: e.g. fitness, what I choose to eat, being polite to others, personal finances etc.

INFLUENCE: e.g. arranging social events, career progression,

NO CONTROL OR INFLUENCE: e.g. the weather, changes to the company's operations, international oil prices etc.

How to Break the Stigma – Use WALLS



Module 4 - Summary

- We can make positive steps to improve our own mental health and our colleagues mental health in our environment on board.
- Concentrate on those things that you can change or influence rather than those things which are out of your control.
- Stigma builds walls and isolates individuals. Make a conscious effort to break down stigma and support conversations around mental health.



