Mariner Mental Health Resources:

This catalogue contains links to federal and non-federal mental health resources, as well as a list of federal and non-federal help or crisis phone lines. The topics covered in this catalog include specific issues, such as anxiety, depression, suicidal thoughts, stress, trauma and PTSD, drug and alcohol abuse, and various other mental stresses. They also include targeted resources such as mental health during the COVID-19 pandemic and several resources for those working at sea or on the water. Additionally, recently peer-reviewed publications on mariner mental health have been included. While prompted by a crisis in the U.S. merchant mariner sphere during COVID-19, the summary of available emotional-health resources is intended to be of use to the many extraordinary men and women serving the Marine Transportation System.

This Mariner Mental Health Catalogue was originally created by the COVID-19 Working Group and updated by the Mariner Mental Health Working Group. References to websites and materials are believed to be accurate and up to date at the time of posting. If there are any errors or omissions in this catalog or any “gaps” or “shortfalls” in the mental health resources available to the U.S. merchant mariners, please email mtsinfo@cmts.gov.
CMTS COVID-19 Working Group Catalog of Mental Health Resources for U.S. Merchant Mariners and Critical Workforce in the Marine Transportation System

The impact of the COVID-19 pandemic on the U.S. marine transportation system (MTS) and merchant mariners, in particular, has been significant in many ways. While all essential workers are experiencing added stress from an at-risk environment, the health and well-being of vessel crews has been highlighted as an issue of concern. During a special session of Member States at the International Maritime Organization (IMO), the IMO Maritime Safety Committee (Committee) has called on all governments to take urgent action to resolve the humanitarian and safety crisis faced by the international shipping community because of the COVID-19 pandemic. The Committee adopted a resolution urging specific action to address the issue, including designating seafarers as key workers with access to the necessary safe travel arrangements.

The CMTS established the COVID-19 Working Group (C-19 WG) in July 2020 for Federal agencies to work jointly to address challenges to the MTS under pandemic. In response to the mental health crisis being observed to U.S. merchant mariners due to extended stays on vessels or other related issues, the C-19 WG has prepared this reference catalog of currently available federal and non-federal mental health resources, the intent of which is to give U.S. merchant mariners and MTS workers additional support structure during an exceptionally difficult time. While prompted by a crisis in the U.S. merchant mariner sphere, the summary of available emotional-health resources is intended to be of use to the many extraordinary men and women serving the MTS.

The topics covered in this catalog include specific issues, such as anxiety, depression, suicidal thoughts, stress, trauma and PTSD, drug and alcohol abuse, and various other mental stresses. They also include targeted resources such as mental health during the COVID-19 pandemic and several resources for those working at sea or on the water. The catalog includes federal and non-federal resources, as well as a list of federal and non-federal help or crisis lines.

NOTICE AND DISCLAIMER:

This catalog, originally developed by the CMTS COVID-19 Working Group (C-19 WG) and now maintained by the CMTS Mariner Mental Health Working Group (MMHWG), contains references and hypertext links to information created and maintained by Federal and non-Federal entities. These references and links are provided for your convenience for illustrative and educational purposes only and should not be construed in any way as an endorsement of, or preference for, any point of view, analysis, approach, practice, product, service, or organization or enterprise sponsoring the sites or the views expressed on the sites, by the CMTS, any CMTS member agency or the U.S. Government. The CMTS does not control or guarantee the accuracy, relevance, timeliness, legality, or completeness of any information referenced or posted on the sites. References or links to particular items in hypertext, or their order of listing, do not reflect their importance. These references are not intended to express the policy of the CMTS, any CMTS member agency or the U.S. Government, nor do they have the force and effect of law, regulation, or guidance, or bind the public in any way.

References to websites and materials are believed to be accurate and up to date at the time of posting; although the MMHWG will endeavor to keep links websites and materials up to date, please check with the sponsoring organization for the most up-to-date information.

Readers are requested to advise the CMTS MMHWG of any errors or omissions in this catalog and any “gaps” or “shortfalls” in the mental health resources available to U.S. merchant mariners by forwarding an email to the MMHWG Staff Lead, Richie Evoy, at qom1@cdc.gov.
FEDERAL RESOURCES
Centers for Disease Control (CDC) (https://www.cdc.gov)
5. CDC- Mental Health (https://www.cdc.gov/mentalhealth/)
6. CDC – Learn About Mental Health (https://www.cdc.gov/mentalhealth/learn/index.htm)
7. Types of Mental Illness (https://www.cdc.gov/mentalhealth/learn/index.htm)

MentalHealth.gov (https://www.mentalhealth.gov)
10. For People with Mental Health Problems (https://www.mentalhealth.gov/talk/people-mental-health-problems)
11. Mental Health Wellness (https://www.mentalhealth.gov/basics/what-is-mental-health)
   e. How To Get Mental Health Help (https://www.mentalhealth.gov/get-help)

14. Recovery is Possible (https://www.mentalhealth.gov/basics/recovery-possible)
15. How to Support a Friend with Mental Health Problems (https://www.mentalhealth.gov/talk/friends-family-members)

National Institute of Mental Health (NIMH) (https://www.nimh.nih.gov)


   National Suicide Prevention Lifeline (https://suicidepreventionlifeline.org)

23. Talk to Someone Now: What Happens When I Call the Lifeline?; Should I Call the Lifeline? (https://suicidepreventionlifeline.org/talk-to-someone-now)

24. Self-Care During the Holiday Season (https://suicidepreventionlifeline.org/help-yourself/)

       b. Stories of Depression (https://suicidepreventionlifeline.org/story-categories/depression/)
       c. Stories of PTSD (https://suicidepreventionlifeline.org/story-categories/ptsd/)
       d. Stories of Suicidal Thoughts (https://suicidepreventionlifeline.org/story-categories/suicidal-thoughts/)


   Substance Abuse and Mental Health Services Administration (SAMHSA) (https://www.samhsa.gov)


29. About the SMVF TA Center The SMVF TA Center addresses the behavioral health needs of service members, veterans, and their families. (https://www.samhsa.gov/smvf-ta-center/about)


31. Find Help for Alcohol, Tobacco, and Other Drugs (https://www.samhsa.gov/find-help/atod)
United States Coast Guard (USCG) (https://www.uscg.mil)
33. Wellness Support Resources (https://www.uscg.mil/Coronavirus/Information/Article/2127607/wellness-support-resources/)
34. CG SUPRT Resources (https://www.cgsuprt.com/portal/landing?a=1)
35. COVID Mental Health Assistance (https://www.uscg.mil/Coronavirus/Information/Article/2133912/mental-health-assistance-eap-cgsuprt-samhsa-disaster-distress-hotline/)

Federal Help Lines
40. National Suicide Prevention Hotline (https://suicidepreventionlifeline.org/) 1-800-273-TALK (8255)
41. Disaster Distress Helpline (https://www.samhsa.gov/newsroom/press-announcements/202003240200) 1-800-985-5990 or text ‘TalkWithUs’ to 66746
42. Crisis Text Line (https://www.crisistextline.org/) Text “HELLO” to 741741
43. Veterans Crisis Line (https://www.veteranscrisisline.net/) Call 1-800-273-8255 and press 1 Text 838255
Non-Federal Resources

Baltic and International Maritime Council (BIMCO) (https://www.bimco.org)
44. Information on Seafarer’s Mental Health (Updated) (https://www.bimco.org/news/ports/20200915-seafarers-mental-health)

Council for Dredging and Marine Construction Safety (https://cdmcs.org)

Cruise Line Industry Association (https://cruising.org)
46. Ensuring Health at Sea (https://cruising.org/en/about-the-industry/policy-priorities/Public%20Health%20and%20Medical)

eCounseling.com (https://www.e-counseling.com)
47. The Best Therapy Apps of 2020 (https://www.e-counseling.com/therapy-apps/)

gCaptain (https://gcaptain.com)
48. Mental Health Resources for Maritime Workers (https://gcaptain.com/mental-health-resources-for-maritime-workers/?utm_source=gCaptain+Newsletter&utm_campaign=928e1deceb-EMAIL_CAMPAIGN_2020_09_04_08_23&utm_medium=email&utm_term=0_f50174ef03-928e1deceb-169939889&goal=0_f50174ef03-928e1deceb-169939889&mc_cid=928e1deceb&mc_eid=3345564353)
49. Mental Health Resources for Mariners App. To make things easier, we’ve compiled the above resources into an app that you can add to your phone for quick access. This app is still in the early stages, and we plan to continue updating both the content and the interface. Download the app here. (https://mental-health.glideapp.io)

International Chamber of Shipping (ICS) (https://www.ics-shipping.org)

International Critical Incident Stress Foundation, Inc (ICISF) (https://icusf.org)
53. General link for more resources dealing with the pandemic (https://icusf.org/covid19-resources/)
a. Culture. Welcome back to "Junk's Yard", where Marc Junkerman explains the way we process trauma through the lens of our culture. (July 17, 2020)
b. Culture (Part 2). Marc Junkerman describes how bringing our past experiences and culture into our jobs influences how we work. (July 21, 2020)
c. CISM and PFA. Dr. George Everly explains the difference between CISM and PFA (Psychological First Aid). (July 14, 2020)
d. CISM and Peer Support. Dr. George Everly explains the difference between CISM and Peer Support on this CISM Perspective.

e. Leading your Team. Rick Barton, CEO of ICISF, gives us important concepts to keep in mind while leading during a crisis. (June 26, 2020)
f. Co-founder Dr. George Everly walks us through the phases we may go through during the pandemic and civil unrest, and how CISM plays an important role. (June 23, 2020)
g. Daily Mantra. ICISF Faculty member Marc Junkerman guides us with a daily mantra in the first installment of "Junk's Yard". (June 19, 2020)
h. When holding a funeral during a pandemic there are few options for mourners. ICISF co-founder Dr. Jeff Mitchell shares some strategies on how to cope. (June 9, 2020)
i. Goodbye during a Pandemic. Longtime primary ICISF Volunteer, and retired Paramedic and Firefighter Linda Sears gives advice to CISM Teams on how to care for each other during the current pandemic. (June 5, 2020)

55. CISM in a Pandemic Online Course. This online course will provide insights into psychological preparedness and response through the lens of Critical Incident Stress Management (CISM), arguably the most widely used integrated continuum of crisis and disaster-oriented care in the world. Individuals will examine how CISM can be applied to pandemics and other “disasters of uncertainty.” (https://icisf.org/covid19-resources/)


International Labor Organization (ILO) (https://www.ilo.org)


59. Good Mental Health (https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health)

60. ISWAN Mental Health Guides and Infographics
   a. Steps to Positive Mental Health (https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health/steps-to-positive-mental-health)
   b. Good mental health infographics - Steps to Positive Mental Health (https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health/good-mental-health-infographics-steps-to-positive-mental-health)
   g. Poster - Psychological First Aid (https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health/poster-psychological-first-aid)

61. Sailors’ Society (https://www.sailors-society.org/support-for-seafarers)


INTERTANKO (https://www.intertanko.com/)

63. Crew Welfare Management and Mental Wellness (PDF) (https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.american-club.com%2Ffiles%2Ffiles%2FINVERTANKO_2020_Crew_Welfare_Management_and_Mental_Wellness.pdf&data=02%7C01%7CNuns.Jain%40dot.gov%7C9bf14b9971ab4b80f2a108d858b5880f%7Cc4cd245b44f04395a1aa3848d258f78b%7C0%7C0%7C637356883981352414&sdata=cwk1WBE10aB3gxcbQxLX%2B2KBLWWZRxwLZSCSWgxADAs%3D&reserved=0)

Marine Insight (https://www.marineinsight.com)


Maritime Institute of Technology and Graduate Studies (https://www.mitags.org/)

National Alliance on Mental Illness (https://www.nami.org)
68. Warning Signs and Symptoms of Mental Health Issues (https://www.nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms)
75. Substance Abuse Disorders (https://www.nami.org/About-Mental-Illness/Common-with-Mental-Illness/Substance-Use-Disorders)
c. It’s Okay to Talk About Suicide (https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Suicide-FINAL.pdf)
77. Anxiety Disorders (https://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/Anxiety-Disorders-FS.pdf)
78. Suicide (https://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/Suicide-FS.pdf)

SeafarerHelp (https://www.seafarerhelp.org/)
The American Club (https://www.american-club.com/page/seafarer-wellness)
81. Up to date List of Mental Health Assistance and Resources (PDF) (https://www.american-club.com/files/files/mental_wellness_resources_October_2018.pdf)
82. What's on Your Mind? (PDF) This guidance reviews some of the common risk factors of developing an adverse condition of mental health and recommend measures to prevent or treat an occurrence onboard. (https://www.american-club.com/files/files/whats_on_your_mind.pdf)
83. Caring for Seafarers' Mental Wellbeing is intended to help seafarers and others identify common psychological reactions to traumatic events and acute stress, and to assist them through early intervention techniques. (PDF) (https://www.american-club.com/files/files/seafarers_mental_wellbeing_english.pdf)

The Mare Report (http://marereport.namma.org)

The Mission to Seafarers (https://www.missiontoseafarers.org)
85. Continuity of SeaCare (https://www.missiontoseafarers.org/continuity-of-seacare)

World Health Organization (WHO) (https://www.who.int)
86. Facts about…: a. Depression (https://www.who.int/news-room/fact-sheets/detail/depression)
b. Mental Disorders (https://www.who.int/news-room/fact-sheets/detail/mental-disorders)
c. Suicide (https://www.who.int/news-room/fact-sheets/detail/suicide)

87. Suicide Prevention (https://www.who.int/health-topics/suicide/#tab=tab_1)

Publications
89. Mental health problems and their related factors among seafarers: a scoping review. 2022 (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8840312/)
**Non-Federal Help Lines**

91. SeafarerHelp is a helpline run by the International Seafarers’ Welfare and Assistance Network, headquartered near London, UK. It is free, confidential, and multilingual, available 24 hours a day. The SeafarerHelp team can be reached on a wide variety of voice and text platforms and seeks to respond to any type of problem a seafarer might have. SeafarerHelp has also produced a number of online resources on mental wellbeing for seafarers available on their website. ([https://www.seafarerhelp.org/](https://www.seafarerhelp.org/))


94. Crisis Text Line ([https://www.crisistextline.org](https://www.crisistextline.org)) Text “HELLO” to 741741

95. Marine Engineers Beneficial Association Hotline ([https://www.mebaunion.org/meba-hotline/#:-text=1%E2%80%9090888%E2%80%90519%E2%80%900018,An%20M.E.B.A](https://www.mebaunion.org/meba-hotline/#:-text=1%E2%80%9090888%E2%80%90519%E2%80%900018,An%20M.E.B.A)) 888-519-0018

96. NAMI Helpline (M-F, 10AM-6PM ET) ([https://www.nami.org/help](https://www.nami.org/help)) 800-950-6264


**U.S. Committee on the Marine Transportation System**

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