



# **Mental Health Resources for U.S. Merchant Mariners and Critical Workforce in the MTS**

**CMTS COVID-19 WORKING GROUP**

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[www.cmts.gov](http://www.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, developed by the CMTS COVID-19 Working Group (C-19 WG), contains references and hypertext links to information created and maintained by 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 C-19 WG 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 C-19 WG 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 WG Staff Lead, Nuns Jain, at [C-19WG@CMTS.gov](mailto:C-19WG@CMTS.gov).

## **Federal Resources**

[Centers for Disease Control \(CDC\)](https://www.cdc.gov) (<https://www.cdc.gov>)

1. [CDC – Learn About Mental Health](https://www.cdc.gov/mentalhealth/learn/index.htm)  
(<https://www.cdc.gov/mentalhealth/learn/index.htm>)
2. [Types of Mental Illness](https://www.cdc.gov/mentalhealth/learn/index.htm)  
(<https://www.cdc.gov/mentalhealth/learn/index.htm>)
3. [Facts about Mental Illness](https://www.cdc.gov/mentalhealth/learn/index.htm)  
(<https://www.cdc.gov/mentalhealth/learn/index.htm>)
4. [Treatment Resources](https://www.cdc.gov/mentalhealth/tools-resources/individuals/index.htm)  
(<https://www.cdc.gov/mentalhealth/tools-resources/individuals/index.htm>)

[MentalHealth.gov](https://www.mentalhealth.gov) (<https://www.mentalhealth.gov>)

5. [For People with Mental Health Problems](https://www.mentalhealth.gov/talk/people-mental-health-problems)  
(<https://www.mentalhealth.gov/talk/people-mental-health-problems>)
6. [Mental Health Wellness](https://www.mentalhealth.gov/basics/what-is-mental-health)  
(<https://www.mentalhealth.gov/basics/what-is-mental-health>)
7. [What to Look For](https://www.mentalhealth.gov/what-to-look-for)  
(<https://www.mentalhealth.gov/what-to-look-for>)
  - a. [Anxiety Disorders](https://www.mentalhealth.gov/what-to-look-for/anxiety-disorders)  
(<https://www.mentalhealth.gov/what-to-look-for/anxiety-disorders>)
  - b. [Mental Health and Substance Use Disorders](https://www.mentalhealth.gov/what-to-look-for/mental-health-substance-use-disorders)  
(<https://www.mentalhealth.gov/what-to-look-for/mental-health-substance-use-disorders>)
  - c. [Suicidal Behavior](https://www.mentalhealth.gov/what-to-look-for/suicidal-behavior)  
(<https://www.mentalhealth.gov/what-to-look-for/suicidal-behavior>)
  - d. [Trauma and Stress](https://www.mentalhealth.gov/what-to-look-for/post-traumatic-stress-disorder)  
(<https://www.mentalhealth.gov/what-to-look-for/post-traumatic-stress-disorder>)
8. [How To Get Mental Health Help](https://www.mentalhealth.gov/get-help)  
(<https://www.mentalhealth.gov/get-help>)
9. [Recovery is Possible](https://www.mentalhealth.gov/basics/recovery-possible)  
(<https://www.mentalhealth.gov/basics/recovery-possible>)
10. [How to Support a Friend with Mental Health Problems](https://www.mentalhealth.gov/talk/friends-family-members)  
(<https://www.mentalhealth.gov/talk/friends-family-members>)

[National Institute of Mental Health \(NIMH\)](https://www.nimh.nih.gov) (<https://www.nimh.nih.gov>)

11. [Help for Mental Illnesses](https://www.nimh.nih.gov/health/find-help/index.shtml)  
(<https://www.nimh.nih.gov/health/find-help/index.shtml>)
12. [Get Immediate Help in a Crisis](#)

(<https://www.nimh.nih.gov/health/find-help/index.shtml> \l part\_150430)

13. [Publications About...:](#)

(<https://www.nimh.nih.gov/health/publications/index.shtml>)

- a. [Anxiety Disorders](#)  
(<https://www.nimh.nih.gov/health/publications/anxiety-disorders-listing.shtml>)
  - b. [Depression](#)  
(<https://www.nimh.nih.gov/health/publications/depression-listing.shtml>)
  - c. [Stress](#)  
(<https://www.nimh.nih.gov/health/publications/stress-listing.shtml>)
  - d. [Men's Mental Health](#)  
(<https://www.nimh.nih.gov/health/publications/mens-mental-health-listing.shtml>)
  - e. [Women's Mental Health](#)  
(<https://www.nimh.nih.gov/health/publications/womens-mental-health-listing.shtml>)
  - f. [Suicide Prevention](#)  
(<https://www.nimh.nih.gov/health/publications/suicide-prevention-listing.shtml>)
14. [Generalized Anxiety Disorder: When Worry Gets Out of Control](#)  
This brochure discusses signs and symptoms, diagnosis, and treatment options for generalized anxiety disorder (GAD)  
(<https://www.nimh.nih.gov/health/publications/generalized-anxiety-disorder-gad/index.shtml>)
15. [Resources on Coping with COVID-19](#)  
(<https://www.nimh.nih.gov/health/education-awareness/shareable-resources-on-coping-with-covid-19.shtml>)

[National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org) (<https://suicidepreventionlifeline.org>)

16. [Talk to Someone Now; What Happens When I Call the Lifeline?; Should I Call the Lifeline?](#)  
(<https://suicidepreventionlifeline.org/talk-to-someone-now>)
17. [Self-Care During the Holiday Season](#)  
(<https://suicidepreventionlifeline.org/help-yourself/>)
18. [Stories of Hope and Recovery](#)  
(<https://suicidepreventionlifeline.org/stories/>)
  - a. [Stories of Anxiety](#)  
(<https://suicidepreventionlifeline.org/story-categories/anxiety/>)
  - 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/ptsd/>)
19. [Emotional Wellbeing During the COVID-19 Outbreak](#)

(<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>)

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

(<https://www.samhsa.gov>)

20. [Help Prevent Suicide](https://www.samhsa.gov/find-help/suicide-prevention)  
(<https://www.samhsa.gov/find-help/suicide-prevention>)
21. [Find Help for Alcohol, Tobacco, and Other Drugs](https://www.samhsa.gov/find-help/atod)  
(<https://www.samhsa.gov/find-help/atod>)

### [United States Coast Guard \(USCG\)](https://www.uscg.mil) (<https://www.uscg.mil>)

22. [CG SUPRT Resources](https://www.cgsuprt.com/portal/content/10114673;subject=10113801)  
(<https://www.cgsuprt.com/portal/content/10114673;subject=10113801>)
23. [COVID Mental Health Assistance](https://www.uscg.mil/Coronavirus/Information/Article/2133912/mental-health-assistance-eap-cgsuprt-samhsa-disaster-distress-hotline/)  
(<https://www.uscg.mil/Coronavirus/Information/Article/2133912/mental-health-assistance-eap-cgsuprt-samhsa-disaster-distress-hotline/>)
24. [Substance Abuse Prevention Program](https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Health-Safety-and-Work-Life-CG-11/Office-of-Work-Life-CG-111/Substance-Abuse-Prevention-Program-SAPP-Office-of-Work-Life-CG-111/)  
(<https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-1/Health-Safety-and-Work-Life-CG-11/Office-of-Work-Life-CG-111/Substance-Abuse-Prevention-Program-SAPP-Office-of-Work-Life-CG-111/>)
25. [COMDTINST M16721.48, Merchant Mariner Medical Manual](https://beta.regulations.gov/document/USCG-2018-0041-0042). See Chapter 23 – Psychiatric or mental Health Conditions.  
(<https://beta.regulations.gov/document/USCG-2018-0041-0042>)

### **Federal Help Lines**

1. [Substance Abuse and Mental Health Services Administration Helpline](https://www.samhsa.gov/find-help/national-helpline)  
(<https://www.samhsa.gov/find-help/national-helpline>)
  - a. 1-800-662-HELP (4357)
2. [National Suicide Prevention Hotline](https://suicidepreventionlifeline.org/)  
(<https://suicidepreventionlifeline.org/>)
  - a. 1-800-273-TALK (8255)
3. [Disaster Distress Helpline](https://www.samhsa.gov/newsroom/press-announcements/202003240200)  
(<https://www.samhsa.gov/newsroom/press-announcements/202003240200>)
  - a. 1-800-985-5990 or text ‘TalkWithUs’ to 66746
4. [Crisis Text Line](https://www.crisistextline.org/)  
(<https://www.crisistextline.org/>)
  - a. Text “HELLO” to 741741
5. [Veterans Crisis Line](#)

(<https://www.veteranscrisisline.net/>)

- a. Call 1-800-273-8255 and press 1
- b. Text 838255

## Non-Federal Resources

[Baltic and International Maritime Council \(BIMCO\)](https://www.bimco.org) (https://www.bimco.org)

1. [Information on Seafarer's Mental Health \(Updated\)](https://www.bimco.org/ships-ports-and-voyage-planning/crew-support/health-and-medical-support/covid-19-seafarers-mental-health)  
(https://www.bimco.org/ships-ports-and-voyage-planning/crew-support/health-and-medical-support/covid-19-seafarers-mental-health)

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

2. [Mental Health Concerns Related to COVID-19](https://cdmcs.org/wp-content/uploads/2020/05/Toolbox-Safety-Talk-Mental-Health-Concerns-Related-to-COVID-19.pdf) (https://cdmcs.org/wp-content/uploads/2020/05/Toolbox-Safety-Talk-Mental-Health-Concerns-Related-to-COVID-19.pdf)

[eCounseling.com](https://www.e-counseling.com) (https://www.e-counseling.com)

3. [The Best Therapy Apps of 2020](https://www.e-counseling.com/therapy-apps/)  
(https://www.e-counseling.com/therapy-apps/)

[gCaptain](https://gcaptain.com) (https://gcaptain.com)

4. [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)  
(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)
5. 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)  
(https://mental-health.glideapp.io)

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

6. [Coping with Stress During COVID-19](https://www.ics-shipping.org/docs/default-source/resources/covid-19-how-to-cope-with-stress-during-covid-19.pdf)  
(https://www.ics-shipping.org/docs/default-source/resources/covid-19-how-to-cope-with-stress-during-covid-19.pdf)
7. [COVID-19 Mental Health Guidance \(pg. 18-20\)](https://www.ics-shipping.org/docs/default-source/resources/covid-19-guidance-for-ship-operators-for-the-protection-of-the-health-of-seafarers-v2.pdf?sfvrsn=4)  
(https://www.ics-shipping.org/docs/default-source/resources/covid-19-guidance-for-ship-operators-for-the-protection-of-the-health-of-seafarers-v2.pdf?sfvrsn=4)

[International Critical Incident Stress Foundation \(ICISF\)](https://icisf.org/resources/) (https://icisf.org/resources/)

8. Critical Incident Stress Management (CISM) Perspectives - Online Videos
  - 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)
9. [CISM in a Pandemic Online Course](https://icisf.org/covid19-resources/). 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) (https://www.ilo.org)

10. [Mental Health and Work: Impact, Issues, and Good Practices](https://www.ilo.org/wcmsp5/groups/public/---ed_emp/---ifp_skills/documents/publication/wcms_108152.pdf) (https://www.ilo.org/wcmsp5/groups/public/---ed\_emp/---ifp\_skills/documents/publication/wcms\_108152.pdf)

[International Seafarers' Welfare and Assistance Network \(ISWAN\)](https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health)

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

11. [Managing your mental health during the COVID-19 pandemic \(video\)](https://www.seafarerswelfare.org/seafarer-health-information-programme/coronavirus-covid-19/managing-your-mental-health-during-the-covid-19-pandemic). The video provides guidance and information on managing the mental health of seafarers during the Covid 19 pandemic. The video provides advice to seafarers about staying mentally safe and well while on board and ashore during this crisis.  
(<https://www.seafarerswelfare.org/seafarer-health-information-programme/coronavirus-covid-19/managing-your-mental-health-during-the-covid-19-pandemic>)
12. [Good Mental Health](https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health)  
(<https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health>)
13. 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)  
(<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)  
(<https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health/good-mental-health-infographics-steps-to-positive-mental-health>)
  - c. [Psychological Wellbeing at Sea](https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health/psychological-wellbeing-at-sea)  
(<https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health/psychological-wellbeing-at-sea>)
  - d. [Good mental health infographics - Boost your wellbeing](https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health/good-mental-health-infographics-boost-your-wellbeing)  
(<https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health/good-mental-health-infographics-boost-your-wellbeing>)
  - e. [Managing Stress and Sleeping Well at Sea](https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health/managing-stress-and-sleeping-well-at-sea)  
(<https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health/managing-stress-and-sleeping-well-at-sea>)
  - f. [Audio relaxation exercise](https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health/audio-relaxation-exercise)  
(<https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health/audio-relaxation-exercise>)
  - g. [Poster - Psychological First Aid](https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health/poster-psychological-first-aid)  
(<https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health/poster-psychological-first-aid>)
14. [Sailors' Society](https://www.sailors-society.org/support-for-seafarers)  
(<https://www.sailors-society.org/support-for-seafarers>)
15. [Seafarers' Mental Health and Wellbeing training package produced by KVH Videotel in partnership with ISWAN](https://www.seafarerswelfare.org/our-work/seafarers-mental-health-and-wellbeing)  
(<https://www.seafarerswelfare.org/our-work/seafarers-mental-health-and-wellbeing>)
16. [Training on Board](https://www.seafarerswelfare.org/our-work/training-on-board)  
(<https://www.seafarerswelfare.org/our-work/training-on-board>)

[INTERTANKO](https://www.intertanko.com/) (<https://www.intertanko.com/>)

17. [Crew Welfare Management and Mental Wellness](#) (PDF) 1.20MB 

([https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.american-club.com%2Ffiles%2Ffiles%2FINTERTANKO\\_2020\\_Crew\\_Welfare\\_Management\\_and\\_Mental\\_Wellness.pdf&data=02%7C01%7CNuns.Jain%40dot.gov%7C9bf14b9971ab4b80f2a108d858b5880f%7Cc4cd245b44f04395a1aa3848d258f78b%7C0%7C0%7C637356883981352414&sdata=cwk1WBEI0aB3gxcbQxLX%2B2KBLWWZRxwLZSCSWgvADAs%3D&reserved=0](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.american-club.com%2Ffiles%2Ffiles%2FINTERTANKO_2020_Crew_Welfare_Management_and_Mental_Wellness.pdf&data=02%7C01%7CNuns.Jain%40dot.gov%7C9bf14b9971ab4b80f2a108d858b5880f%7Cc4cd245b44f04395a1aa3848d258f78b%7C0%7C0%7C637356883981352414&sdata=cwk1WBEI0aB3gxcbQxLX%2B2KBLWWZRxwLZSCSWgvADAs%3D&reserved=0))

[Marine Insight](https://www.marineinsight.com) (<https://www.marineinsight.com>)

18. [Mental Health Problems Significantly Higher At Sea](https://www.marineinsight.com/shipping-news/mental-health-problems-significantly-higher-sea/)  
(<https://www.marineinsight.com/shipping-news/mental-health-problems-significantly-higher-sea/>)

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

19. [Guide to Mariner Health and Wellbeing. Blog \(2-18-20\)](https://www.mitags.org/health-wellness/)  
(<https://www.mitags.org/health-wellness/>)

[National Alliance on Mental Illness](https://www.nami.org) (<https://www.nami.org>)

20. [NAMI – Being Prepared for a Crisis](https://www.nami.org/Your-Journey/Family-Members-and-Caregivers/Being-Prepared-for-a-Crisis)  
(<https://www.nami.org/Your-Journey/Family-Members-and-Caregivers/Being-Prepared-for-a-Crisis>)
21. [Getting Treatment During a Crisis](https://www.nami.org/Learn-More/Treatment/Getting-Treatment-During-A-Crisis)  
(<https://www.nami.org/Learn-More/Treatment/Getting-Treatment-During-A-Crisis>)
22. [Warning Signs and Symptoms of Mental Health Issues](https://www.nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms)  
(<https://www.nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms>)
23. [Disclosing to Others](https://www.nami.org/Your-Journey/Individuals-with-Mental-Illness/Disclosing-to-Others)  
(<https://www.nami.org/Your-Journey/Individuals-with-Mental-Illness/Disclosing-to-Others>)
24. [Succeeding at Work](https://www.nami.org/Your-Journey/Individuals-with-Mental-Illness/Succeeding-at-Work)  
(<https://www.nami.org/Your-Journey/Individuals-with-Mental-Illness/Succeeding-at-Work>)
25. [Taking Care of Yourself](https://www.nami.org/Your-Journey/Family-Members-and-Caregivers/Taking-Care-of-Yourself)  
(<https://www.nami.org/Your-Journey/Family-Members-and-Caregivers/Taking-Care-of-Yourself>)
26. [Resources for Veterans](https://www.nami.org/Your-Journey/Veterans-Active-Duty)  
(<https://www.nami.org/Your-Journey/Veterans-Active-Duty>)
27. [Are you at Risk of Suicide?](https://www.nami.org/About-Mental-Illness/Common-with-Mental-Illness/Risk-of-Suicide)  
(<https://www.nami.org/About-Mental-Illness/Common-with-Mental-Illness/Risk-of-Suicide>)

28. [Self-harm](https://www.nami.org/About-Mental-Illness/Common-with-Mental-Illness/Risk-of-Suicide)  
(https://www.nami.org/About-Mental-Illness/Common-with-Mental-Illness/Risk-of-Suicide)
29. [Substance Abuse Disorders](https://www.nami.org/About-Mental-Illness/Common-with-Mental-Illness/Substance-Use-Disorders)  
(https://www.nami.org/About-Mental-Illness/Common-with-Mental-Illness/Substance-Use-Disorders)
30. Infographics
  - a. [You are Not Alone](https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-You-Are-Not-Alone-FINAL.pdf)  
(https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-You-Are-Not-Alone-FINAL.pdf)
  - b. [Common Warning Signs of Mental Illness](https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Warning-Signs-FINAL.pdf)  
(https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Warning-Signs-FINAL.pdf)
  - c. [It's Okay to Talk About Suicide](https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Suicide-FINAL.pdf)  
(https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Suicide-FINAL.pdf)
  - d. [Taking Charge of Your Mental Health](https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Taking-Charge-of-Your-Mental-Health.pdf)  
(https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI-Taking-Charge-of-Your-Mental-Health.pdf)
31. [Anxiety Disorders](https://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/Anxiety-Disorders-FS.pdf)  
(https://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/Anxiety-Disorders-FS.pdf)
32. [Suicide](https://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/Suicide-FS.pdf)  
(https://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/Suicide-FS.pdf)

[SeafarerHelp](https://www.seafarerhelp.org/) (https://www.seafarerhelp.org/)

33. [Relaxation at sea](https://www.seafarerhelp.org/en/health-well-being/relaxation-at-sea-exercise)  
(https://www.seafarerhelp.org/en/health-well-being/relaxation-at-sea-exercise)
34. [Seafarers' health resources](https://www.seafarerhelp.org/en/health-well-being/seafarers-health-resource)  
(https://www.seafarerhelp.org/en/health-well-being/seafarers-health-resource)

[The American Club](https://www.american-club.com/page/seafarer-wellness) (https://www.american-club.com/page/seafarer-wellness)

35. [Up to date List of Mental Health Assistance and Resources](https://www.american-club.com/files/files/mental_wellness_resources_October_2018.pdf) (PDF) 0.37MB   
(https://www.american-club.com/files/files/mental\_wellness\_resources\_October\_2018.pdf)
36. [What's on Your Mind?](https://www.american-club.com/files/files/whats_on_your_mind.pdf) (PDF) 2.63MB  This guidance reviews some of the common risk factors of a 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)

37. [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) 0.79MB*   
([https://www.american-club.com/files/files/seafarers\\_mental\\_wellbeing\\_english.pdf](https://www.american-club.com/files/files/seafarers_mental_wellbeing_english.pdf))

[The Mare Report](http://marereport.namma.org) (<http://marereport.namma.org>)

38. [Helplines Available for Seafarers' Well-Being](http://marereport.namma.org/index.php/2020/09/08/helplines-available-for-seafarers-mental-well-being/)  
(<http://marereport.namma.org/index.php/2020/09/08/helplines-available-for-seafarers-mental-well-being/>)

[The Mission to Seafarers](https://www.missiontoseafarers.org) (<https://www.missiontoseafarers.org>)

39. [Continuity of SeaCare](https://www.missiontoseafarers.org/continuity-of-seacare)  
(<https://www.missiontoseafarers.org/continuity-of-seacare>)

[World Health Organization \(WHO\)](https://www.who.int) (<https://www.who.int>)

40. Facts about...:
- a. [Depression](https://www.who.int/news-room/fact-sheets/detail/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)  
(<https://www.who.int/news-room/fact-sheets/detail/mental-disorders>)
  - c. [Suicide](https://www.who.int/news-room/fact-sheets/detail/suicide)  
(<https://www.who.int/news-room/fact-sheets/detail/suicide>)
  - d. [Strengthening Our Response to Mental Health](https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response)  
(<https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>)
41. [Suicide Prevention](https://www.who.int/health-topics/suicide)  
(<https://www.who.int/health-topics/suicide> \ tab=tab\_1)

**Non-Federal Help Lines**

42. [SeafarerHelp](https://www.seafarerhelp.org) 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/>)

43. [National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org/)  
(<https://suicidepreventionlifeline.org/>)  
1-800-273-8255
44. [National Hopeline Network: ImAlive](https://www.imalive.org)  
(<https://www.imalive.org>)  
(800) 784-2433
45. [Crisis Text Line](https://www.crisistextline.org)  
(<https://www.crisistextline.org>)  
Text “HELLO” to 741741
46. Marine Engineers Beneficial Association Hotline  
1-888-519-0018
47. [NAMI Helpline](https://www.nami.org/help) (M-F, 10AM-6PM ET)  
(<https://www.nami.org/help>)  
1-800-950-6264
48. [International Critical Incident Stress Foundation Hotline](https://icisf.org/emergency-hotline/)  
(<https://icisf.org/emergency-hotline/>)  
410-313-2473
49. The U.K. Merchant Navy Welfare Board [SeafarerSupport](https://seafarersupport.zendesk.com/hc/en-gb) is a free confidential telephone and online referral service. It helps support serving and former UK seafarers and their families in times of need. [Learn more here.](https://seafarersupport.zendesk.com/hc/en-gb)  
(<https://seafarersupport.zendesk.com/hc/en-gb>)  
(<https://www.mnwb.org/blog-page/2020-08-17/seafarer-support-site-relaunched-to-make-searching-for-help-easy>)