



Seafarers Boost Method

Making life at sea better, together!

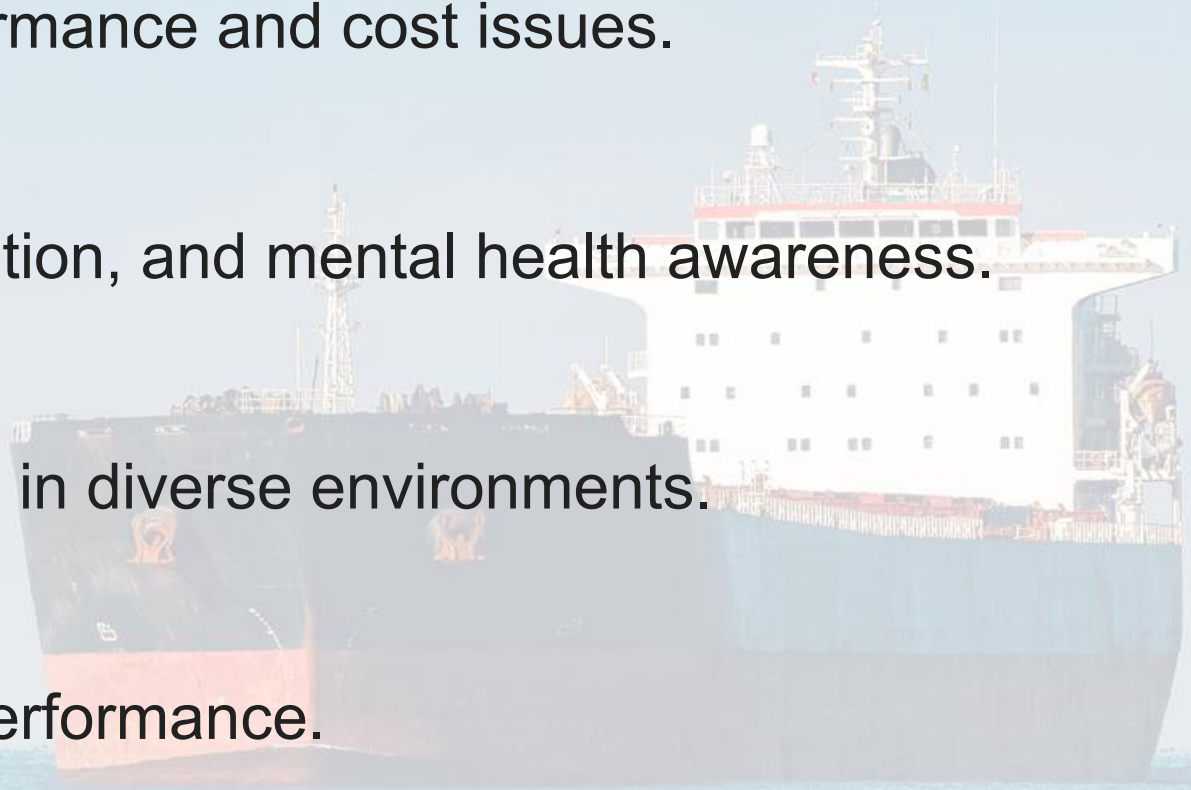
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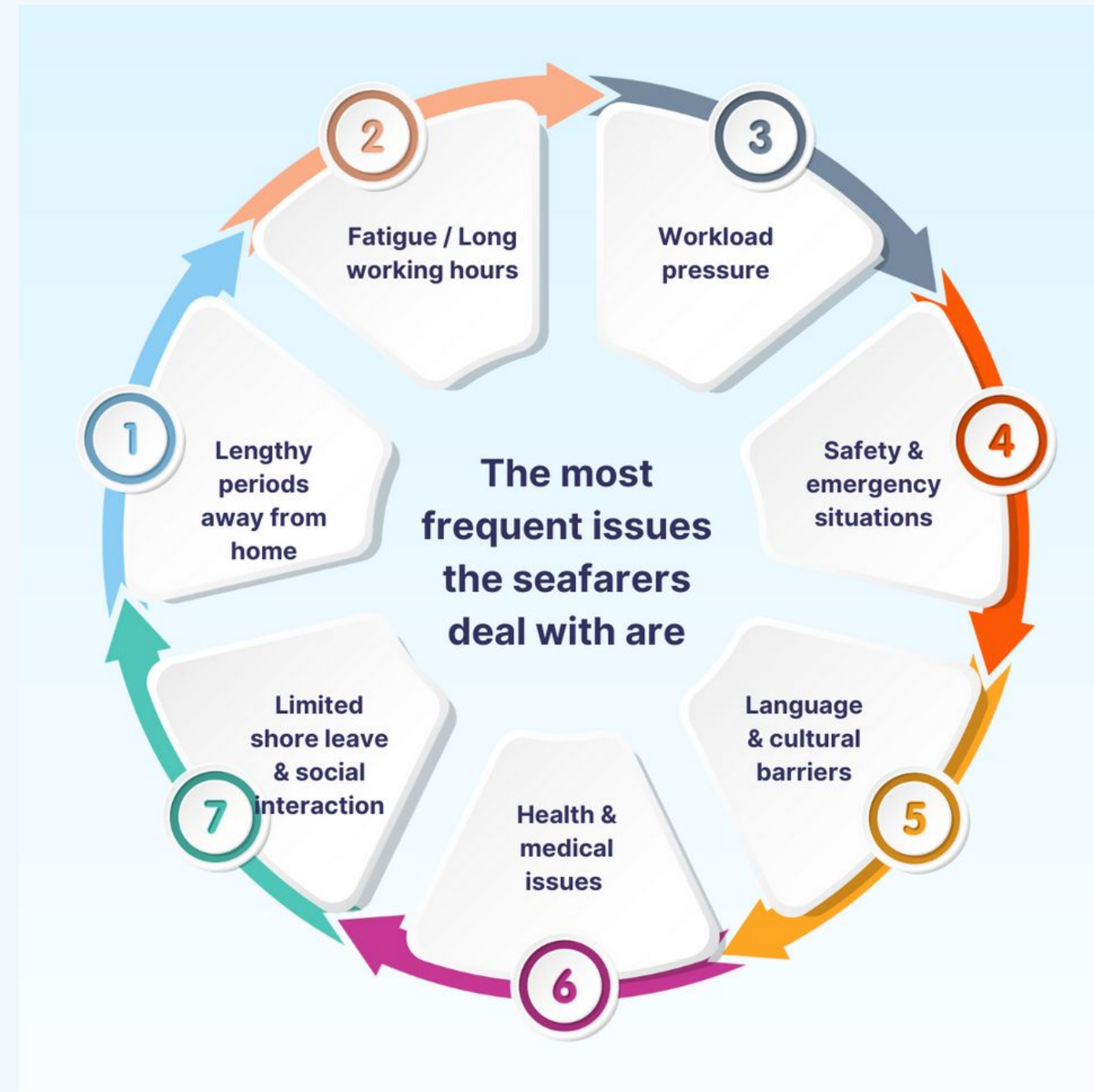
Facts:



1. Q1 2022 Sailor Happiness Index: Lowest in 8 years.
2. Stress impacts seafarers' mental health, leading to performance and cost issues.
3. Challenges include living at work, long hours, social isolation, and mental health awareness.
4. Issues include depression, anxiety, addiction, and coping in diverse environments.
5. Cohesive teams boost well-being, job satisfaction, and performance.
6. Managers can support mental health with accessible services and awareness education.



Frequent issues seafarers face:





What is SB about?

The "Seafarers' Boost" method emerged from the pressing need to address mental health challenges among seafarers. Historically overlooked, the demanding nature of their work and isolation at sea highlighted the urgency for proactive measures. This method emphasizes preventive strategies, early intervention, and accessible support services tailored to the unique needs of seafarers. It marks a pivotal shift towards prioritizing the mental well-being of those crucial to global maritime operations.

1. Developed to meet urgent mental health needs.
2. Prioritizes prevention, early intervention, and tailored support.
3. Shifts focus to safeguarding mental health of seafarers.
4. Draws on team and personal dynamics experiences.
5. Fosters personal growth and awareness.
6. Utilizes various practices for implementation.

What Seafarers' Boost achieves?



Our services 1/3



24/7- 365 days - Round-the-clock counselling and support via toll-free, confidential phone access (options for video calls as well) to experienced psychologists and mental health professionals, in more than 10 different languages (English, Greek, German, Spanish, Arabic, Mandarin, Norwegian, Danish, Swedish, Dutch, etc)



Rapid Screening Assessment: Access to rapid screening assessments to identify mental health concerns promptly. (Our future plans include a custom-made triage application).



Sessions: Structured counselling sessions (3-5) per case, at a fixed rate to address specific mental health concerns.



Feedback & Reporting: Monthly and on-demand reports of seafarers' mental health status and service utilization. Prompt alerting in acute mental health incidents.

Our services 2/3



Trends Analysis with advanced business intelligence tools and Quality Improvement

Recommendations: We analyse data qualitatively and quantitatively aiming to provide insights into mental health patterns and offer recommendations for improvement.



Onboard Visits: We offer the option to face to face onboard visits by experienced mental health professionals for additional support and counseling.



Options for pre-Embarkation Mental Health Screening: Mental health assessment screenings prior to embarkation for proactive monitoring of potential poor mental health.



Trainings/Workshops: Conduct pre-embarkation and post-disembarkation workshops on stress management, crisis management, positive communication, conflict resolution coping strategies, and mental health awareness.

Our services 3/3



Family Support: Provision of resources and options for additional counselling support for seafarers' families to help them cope with the stress and anxiety of separation.



Options for additional support services with user copayments.



Nutrition Consulting: Individual nutrition counselling, provided by experts, is tailored specifically for seafarers. It encompasses a thorough review of their dietary habits, lifestyle, cultural preferences, and physical activity levels. We also delve into their personal health history, including any familial health concerns. Based on this comprehensive assessment, personalized goals are set to prevent disease and enhance overall physical well-being.

Our team



Our team comprises seasoned psychologists and mental health professionals with deep insights into the intricate workings of the maritime sector. We are dedicated to delivering top-notch services aimed at enhancing the well-being, performance, and resilience of seafarers and maritime personnel.

- Clinical Psychologists
- Mental Health Experts
- Well-Being Coordinators
- Research and Development Team
- Administrative Support Staff

Why should you work with us 1/2



❖ **Seafarers Boost Program: Promotes professional and personal growth.**

- Enhances operational performance and job satisfaction.
- Creates safer, improved, and more productive workplaces.

❖ **Comprehensive Self-Development:**

- Equips with communication, stress management, and conflict resolution tools.
- Holistic approach fosters both professional and personal thriving.

❖ **Collaboration and Teamwork:**

- Instills values of teamwork and effective leadership in maritime settings.

Why should you work with us 2/2



❖ **Well-being Focus:**

- Prioritizes physical, mental, and emotional health of seafarers.
- Emphasizes self-care, anxiety management, and overall well-being.

❖ **Professionalism and Ethics:**

- Maximizes performance while upholding ethical and professional standards.

❖ **Personalized Progress Opportunities:**

- ❖ Targets personal and professional growth.
- ❖ Allows customization of treatments and learning experiences.
- ❖ Encourages identification of strengths, areas for improvement, and goal-setting in a stigma-free environment.

Contact us



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Let's make life at sea better, together!

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Thank you!

