

Fokus area 2024 – Material for purchase



Guidance: How to detect depression and suicidal behavior at sea

This guide provides user friendly advice on how to recognize if a colleague is depressed, and how to help them.

The guide provides concrete advice, both on what to do, how to converse, and on the content of difficult conversations with the employee.



Guidance: Mental health on the agenda

This publication is aimed at ship management who want tools to uncover the crews psychological well-being, and to start a conversation about a crew members psychological well-being in a constructive and equal way.

This is a «watch, listen and sense» tool, where you tick boxes in a table to discover whether the colleague in question is in a danger zone for poor mental health.



Guidance: Personal crises at sea

The purpose of the guide is to provide easily accessible advice on how you can help a colleague in crisis. It is aimed at management in both the shipping company and on the vessel, but it can also be used by the individual seafarer. The guide contains tools for dialogue to help identify a colleagues challenges, and advice on how to be an active listener.



Denne materialet er produsert av SEA HEALTH WELFARE og eventuelt i samarbeid med Sjefartsdirektoratet.

SEA HEALTH & WELFARE

Folder: Be a buddy – not a bully

What is harassment and bullying? Am I being harassed? Am I contributing to bullying my colleagues?

If you or your colleagues are exposed to harassment og bullying, you risk feeling worse, feeling sick and/or develop anxiety and depression. It is important to talk about abusive behaviour. Then you can start creating guidelines on how to prevent, disclose and deal with harassment and bullying. «Be a buddy – not a bully» provides good advice on how to avoid and prevent abusive behavior at sea.



Tool/Dialogue card game: Be a buddy - not a bully

In order to prevent and put an end to harassment and bullying on ships in the Danish merchant fleet, a dialogue card game were developed to encourage the participants to formulate boundaries and a healthy culture in the workplace.

There are a total of 28 different opinions or claims in these cards. One or several cards can be used in meetings or gatherings on occasion.



Poster – bullying and harassment

Prevention and handling of harassment and bullying on the vessel i a shared responsibility. Everyone on board plays a role. This poster provides concrete advice and tips for what individuals can do to fight bullying and harassment.

Here are advice for the individual (each crew member), a group (colleagues or working environment committee), for the ship management and for the entire shipping company (the organization).