
Safety4Sea Mental Health Watch

The official theme for this year is “Access to Services – Mental Health in Catastrophes and Emergencies”. This theme, set by the World Federation for Mental Health (WFMH), emphasizes the importance of accessible mental health support for everyone, especially those affected by disasters and crises.



“ These key actions will certainly support seafarers who face long deployments, isolation, with limited privacy and will undoubtedly address barriers like stigma, fear of career impact, and scarce on-board resources. ”

Sustainability Success may be measured through survey of employee satisfaction and perceived stigma reduction; recording the time-to-access for urgent mental health needs (onboard and ashore); documenting the utilization rate of mental health services provided including the percentage of ships with onboard mental health resources and masked-privacy channels.

[PREVIOUS](#)**22. ADM Eduardo Ma R Santos, MAAP**[NEXT](#)

**ADM Eduardo Ma R Santos, AFP (Ret), MAAP President /NI Ph and
IMarEST Ph President, IMO Maritime Goodwill Ambassador**

“ Mental health is inseparable from overall safety and productivity. A holistic approach ensures early detection, risk mitigation, and sustainable wellbeing. ”

VADM Eduardo Ma R Santos, emphasized that Mental health is inseparable from overall safety and productivity. A holistic approach ensures early detection, risk mitigation, and sustainable wellbeing.

Therefore, the maritime industry should prioritize the Integration of Mental Health with Comprehensive Occupational Health and Safety Frameworks by training officers and crew in mental health literacy, stress management, and crisis response (including suicide prevention); embedding mental health indicators into safety management systems (SMS) and voyage risk assessments; aligning with international standards (e.g., IMO guidelines, ILO conventions, WHO-OSH frameworks) through endorsement of accredited mental health programs and by creating data-sharing mechanisms that protect privacy while enabling trend analysis and targeted interventions (with informed consent).

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1. Prof Angelica, PAEPI

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Prof Angelica M Baylon, PhD, MAAP Director/ NI Ph and IMarEST Ph Secretary, PAEPI Global Chair/President Emeritus

Equitable Access means services are available regardless of rank, nationality, language, or flag. Out of three priorities, the first priority that the maritime industry need to adopt to Ensure Sustainability Success and Equitable Access to mental health care for all seafarers, is to **E-Expand** Access to Mental Health Services Aboard and Onshore through 4Es:

1. **E-Execute** confidential, 24/7 mental health support available in multiple languages (hotline, telemedicine, and on-board counsellors);
2. **E-Equip** ships with trained mental health officers or on-board psychosocial support teams that provide regular mental health check-ins;
3. **E-Ensure** clear, non-punitive pathways for seeking help, including management support for medical leave and return-to-work plans and
4. **E-Establish** standardized post-incident and routine mental health care protocols across fleets and crewing agencies.

Dr. Angelica Baylon stressed key actions that will certainly support seafarers who face long deployments, isolation, with limited privacy and will undoubtedly address barriers like stigma, fear of career impact, and scarce on-board resources. These include establishing standardized post-incident and routine mental health care protocols across fleets and crewing agencies.