



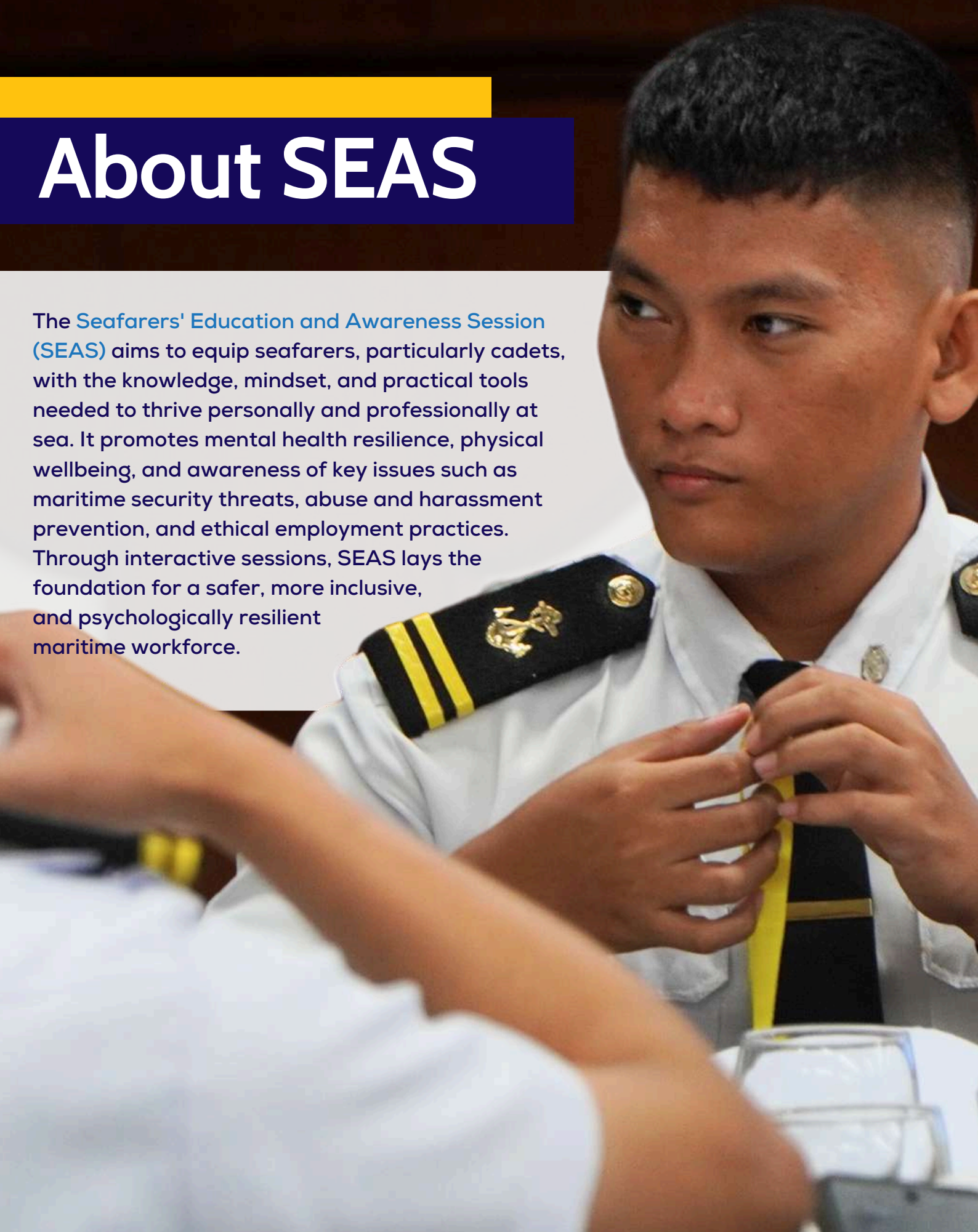
Seafarers' Education & Awareness Session (SEAS)

CATALOGUE



About SEAS

The **Seafarers' Education and Awareness Session (SEAS)** aims to equip seafarers, particularly cadets, with the knowledge, mindset, and practical tools needed to thrive personally and professionally at sea. It promotes mental health resilience, physical wellbeing, and awareness of key issues such as maritime security threats, abuse and harassment prevention, and ethical employment practices. Through interactive sessions, SEAS lays the foundation for a safer, more inclusive, and psychologically resilient maritime workforce.



Why S.E.A.S. *matters for cadets?*

ISWAN helpline and industry data on the young seafaring population

Number of ISWAN helpline calls from seafarers between ages 18 to 30

Q4 2022

46

Q1 2023

37

Q2 2023

27

Q3 2023

53

Q4 2023

28

- When the seafarer's age was known, ISWAN reported **191 cases** from seafarers aged 18 to 30. This only makes up roughly **2.4%** of all the total cases from the 4th Quarter of 2022 to the 4th Quarter of 2023. This means there should be more efforts for the younger seafaring population to learn about ISWAN's services, especially its helplines.
- The top problem category for seafarers of this age bracket, at least within Q4 2022 to Q4 2023 is **Financial Issues and Difficulty**. In fact, disaggregated data showed that this problem category ranked first in Q4 2022, Q1 2023, Q2 2023, and Q3 2023, making it a recurring problem for seafarers of these ages. It made up for **19.4%** of the total calls.
- Making up **13.61%** and **12.5%** of the total calls within these five quarters, and the 2nd and 3rd most frequent problem categories are **Concerns on Recruitment, Training, and Certification** and **Legal and Criminal Issues**.
- In a study conducted by the National Maritime Polytechnic (NMP) with a pool of 189 Filipino seafarer-respondents. The most prone to **mental health disorders** were seafarers aged **30 to 39**, accumulating **42.9%** of the total. Garnering **20.6%** were seafarers aged **20 to 29**.
- In the same study, **82.9%** of respondents **supported their parents and siblings**. The highest percentage was found in the age group of **20-29 years old**.
- The age group **20-29 years old** and those who have **1-2 years of sea service** did not find their jobs fulfilling. This age group also generally answered that **the compensation was not enough** and that they rarely felt safe and secure on board.
- The study also underscored that **communication with the immediate family (parents and siblings)** was a primary coping mechanism to combat stress on board.

Research Credit:

Pailago, Karen. (2024). "Assessing the Mental Health and Well-being of Filipino Seafarers." National Maritime Polytechnic (NMP)

Why S.E.A.S. *matters for ALL seafarers?*



PREPARE THE MIND, NOT JUST THE SHIP.

Piracy's longest-lasting damage is psychological; more than 5,700 seafarers have been taken hostage from 2007 to 2017, and survivors report persistent PTSD, anxiety, and depression.

THE HELPLINES ARE RINGING LOUDER.

ISWAN's helpline data show a 44% surge in mental-health calls in Q4 2023 and a 17% year-on-year rise in 2024. Comparing Q2 2024 to Q2 2025, mental-health and wellbeing cases increased by 62.7%, with workplace stress and worry as leading issues.

HEALTH AT SEA IS SAFETY AT SEA.

Physical health challenges remain among the most common concerns raised through ISWAN's helplines, with cases involving medical and fatigue-related issues. The Re:refresh 2024 Global Report shows that 28% of seafarers report chronic health issues, like musculoskeletal pain, hypertension, and diabetes, while 40% do not exercise enough and 70% are overweight or obese.

ZERO TOLERANCE KEEPS SHIPS SAFER.

Reports of ABHDV to YachtCrewHelp rose 21.4% year-on-year in 2024; targeted training on definitions, bystander action, reporting, and accountability is needed to stop harm that drives mental-health crises and crew turnover.

INCLUSION AND CONNECTION KEEP SHIPS SAFE.

ISWAN's Social Interaction Matters (SIM) project shows that structured social engagement and cultural understanding reduce isolation and strengthen teamwork. Yet, there are persistent reports of abuse and discrimination, especially among women and minority crew. When seafarers feel respected, supported, and psychologically safe, collaboration improves, incidents drop, and crews stay stronger together.

SEAS Segments' Take-aways



Introduction of ISWAN (20-30 mins)

- Understand ISWAN as an international and independent maritime charity
- Learn about ISWAN's free, 24/7, and confidential helpline for seafarers and their families
- Discuss financial assistances for emergency situations
- Get to know resources and support available for them



Maritime Piracy and Threats at Sea (30 mins - 1 hour)

- Understand different forms of piracy and immediate safety protocols.
- Know the role of Citadels and communication procedures.
- Learn psychological reactions and how to maintain unity, calm, and morale.
- Identify cyber hygiene habits to prevent online threats and breaches.
- Know reporting channels: IFC-IOR, flag states, P&I clubs, and welfare organizations.

SEAS Segments' Take-aways



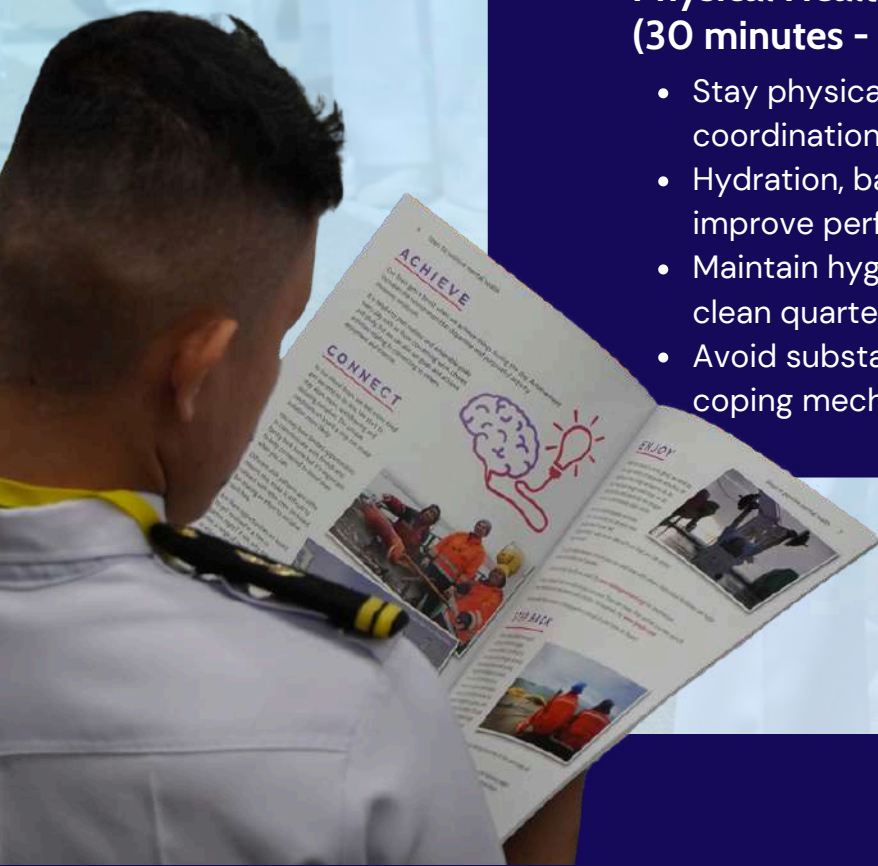
Mental Health and Stress Management (1 hour - 2.5 hours)

- Understand the interplay between mental health and physical health.
- Recognize early warning signs and risk factors for stress.
- Develop coping habits using habits, emotional check-ins, and mindfulness, among others.
- Strengthen empathy, resilience, and positive communication at sea.
- Encourage open dialogue to break stigma and build supportive crews.



Physical Health and Hygiene (30 minutes - 1 hour)

- Stay physically active to maintain alertness, coordination, and mood stability.
- Hydration, balanced diet, and good sleep improve performance and resilience.
- Maintain hygiene through clothing care, clean quarters, and personal cleanliness.
- Avoid substance misuse; adopt healthy coping mechanisms instead.



SEAS Segments' Take-aways



Abuse, Bullying, Harassment, Discrimination, and Violence (30 minutes - 1.5 hours)

- Define what constitutes ABHDV and what does not (e.g., legitimate feedback).
- Recognize its impact on mental health, safety, and team morale.
- Understand reporting lines and bystander responsibilities.
- Promote a respectful and inclusive work environment.
- Empower crew to act as upstanders, not passive observers.



Building a Supportive Culture (20 minutes - 40 minutes)

- Multicultural crews require openness, curiosity, and respect.
- Cultural compatibility improves teamwork, harmony, and communication.
- Learn to avoid stereotypes, promote inclusion, and celebrate diversity.
- Build mutual understanding through interest and positive dialogue.



SEAS Segments' Take-aways



Building an Inclusive Environment (45 minutes - 1.5 hours)

- Promote gender inclusivity and respect for all crew members.
- Understand personal boundaries and why they protect mental wellbeing.
- Recognize the importance of allyship and how to intervene constructively.
- Encourage mentoring, peer support, and leadership visibility for women.
- Use ISWAN resources (app, SeafarerHelp) for continued support and reporting.



