



Merchant Shipping Directorate



MENTALLY HEALTHY SHIP'S GUIDE

Information Notice 39

*Notice to Shipowners, Ship Operators, Managers, Masters,
Owners' Representatives and Recognised Organisations*

As part of its commitment towards the well-being of seafarers, in particular to their health, and aware of the difficulties faced by seafarers across the world resulting from the demanding work environment which were further enhanced by the disruption caused by the COVID-19 pandemic, the Directorate would like to bring to the attention of all concerned the following interesting and informative publication by ISWAN titled [*Mentally Healthy Ships - Policy and Practice to Promote Mental Health on Board.*](#)

The publication, written by Consultant Clinical Psychologist, Dr Pennie Blackburn, intends to be a guide for shipping companies and ship operators to develop and implement mental health policies and practices and to promote positive mental health on-board.

Ship managers, operators are encouraged to make use of this publication when drawing up their policies.

Merchant Shipping Directorate

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