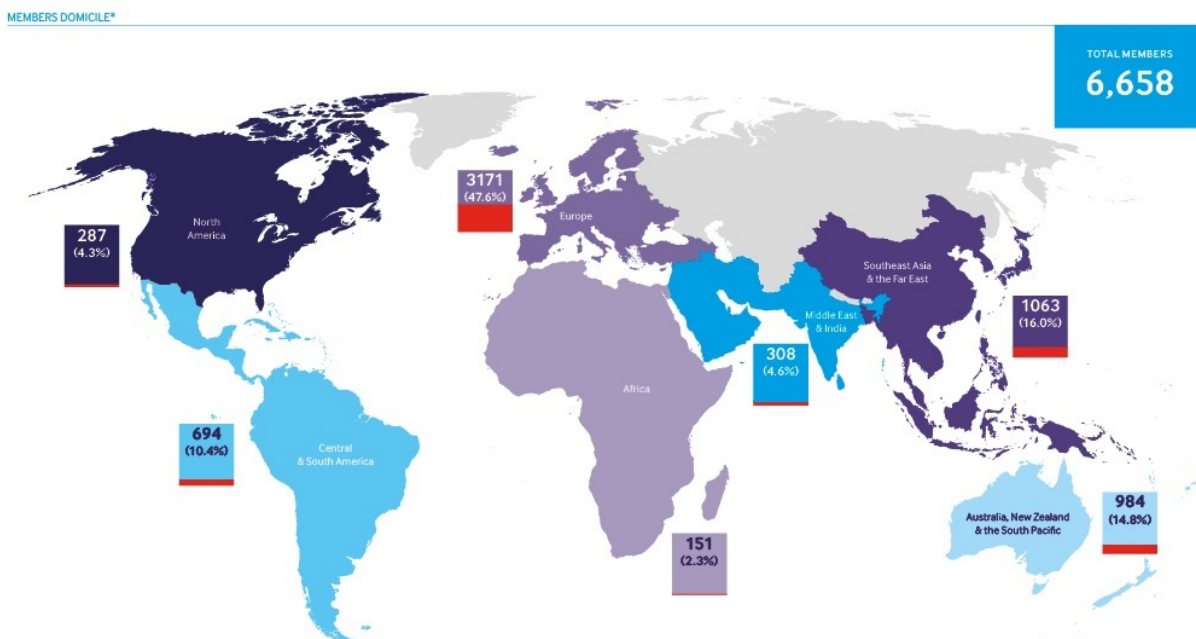


Steps to Positive Mental Health - Translations

As a provider of P&I insurance for vessels trading worldwide, the wellbeing of seafarers serving on Member's vessels remains a key focus of the Club's Loss Prevention department.

In partnership with the International Seafarers' Welfare and Assistance Network (ISWAN) the Club has published a series of Good Mental Health Guides to raise awareness of the importance of mental wellbeing on board. The recently published [Steps to Positive Mental Health](#) booklet provides seafarers with proactive strategies that can be easily adopted to reduce stress levels at sea.

As the map below depicts, the Club's Members operate in a variety of specialist sectors across the globe providing a spread of risk and low exposure to individual catastrophe. The diverse nature of our Membership helps to deliver stability.



*Figures as at 31 December 2017

Mindful of our international market, the Club is now pleased to offer this guidance in [Arabic](#), [Chinese](#), [Filipino](#), [Hindi](#), [Russian](#) and [Spanish](#) ensuring that this information is helpful and accessible to our diverse Membership.

The Steps to Positive Mental Health guide is primarily aimed at seafarers; however it is also a useful tool for shore side departments, offering insight into how their crews may be affected by stressful situations on board.

This article is one in a series of articles produced in partnership with ISWAN on the topic of psychological wellbeing at sea. [View the series so far.](#)