



**MORE MEDICAL**  
MARINE OFFSHORE REMOTE EMERGENCY

**24/7 MENTAL HEALTH SUPPORT**



## 24/7 MENTAL HEALTH SUPPORT

Working on a vessel at sea or at a remote location can be a demanding and challenging experience. Seafarers and remote working personnel are often isolated from their families and friends for extended periods of time. They may be required to perform physically and mentally demanding tasks in a harsh and unpredictable environment.

### DEFINITION

Seafaring and working remotely are professions that are known for their unique challenges and demands, such as long periods of time spent away from home and loved ones, isolation, and a high level of responsibility. These factors can take a toll on the mental health of seafarers and remote workers and make them vulnerable to stress, anxiety, depression, and other mental health issues.

### PURPOSE

The purpose of having a 24/7 mental health support line is to provide immediate and accessible support for those who may be struggling with mental health issues. This support can be crucial in helping seafarers and remote workers cope with the stresses of their job and maintain good mental health while at sea or at a remote site.

### EXPERTS

Our support line is staffed by mental health professionals who are trained to understand the unique challenges and needs of seafarers and those who work remote. These professionals can offer a range of services, including crisis intervention and counselling.

Having a 24/7 mental health support line also helps to break down the stigma that is often associated with mental health issues. By providing a confidential and non-judgmental space to discuss their mental health concerns, these support lines can help those who work remote, feel more comfortable by seeking help when they need it.

By demonstrating a commitment to supporting the mental health of seafarers and remote workers, companies can help to create a more supportive and inclusive workplace culture.

## WORKING METHOD

It's important to provide prompt support for seafarers and remote workers experiencing mental health issues to prevent them from developing into more severe problems. The 24/7 approach involves actively reaching out to those affected as soon as possible, after feeling mentally unstable to provide expert and effective relief and aftercare. The goal of this approach is to limit subsequent damage to the individual and the company by:

- Helping to process the experience in a healthy way;
- Identifying early signs of processing stagnation;
- Addressing negative reactions from the environment;
- Preparing individuals for future potential stressors.

By taking these steps, we can help prevent the risk of long-term absenteeism and promote good mental health among seafarers and remote workers.

## 2 TYPES OF MENTAL HEALTH SUPPORT IN ONE LINE

By assessing the situation directly on phone, we are able to scale the patient to the right expert.

## MORE INFORMATION

Please send an e-mail to [info@more-medical.com](mailto:info@more-medical.com) and together we will find the most suitable solution.



**MORE MEDICAL**

MARINE OFFSHORE REMOTE EMERGENCY

**MORE MEDICAL B.V.  
VAN HELMONTSTRAAT 97  
3029 AA ROTTERDAM  
THE NETHERLANDS**

**WWW.MORE-MEDICAL.COM  
INFO@MORE-MEDICAL.COM  
T: +31 (0)10 741 01 11**