



**MORE MEDICAL**

MARINE OFFSHORE REMOTE EMERGENCY

**MENTAL HEALTH TRAINING**



## COURSE MENTAL HEALTH FIRST AID

We are familiar with first aid training for physical health. Trained volunteers are invaluable in protecting health. Consider, for example, CPR training. However, there is little attention to training on how to handle psychological problems.

In shipping, you depend on each other during the journey. Along the way you can encounter problems that have a lot of impact. Such as quarantine during corona, threat of piracy or sailing near a war zone, unrest on board. It is also possible that those on board are confronted with private concerns or concerns from their personal history. Mental first aid training can provide guidance in this.

### SHORT-TERM PSYCHOLOGICAL TRAINING IN SITUATIONS OF STRESS AND OVERLOAD

In a short trajectory of psychological personal training, guidance in strengthening self-management and resilience, in relation to the learning situation that the employee is confronted with. The psychologist is particularly alert to strengthening personal self-management and resilience in work and private situations. The efforts are aimed at strengthening energy and vitality and preventing absenteeism.

### GOAL OF THE TRAINING

A mental health first aid training for seafarers or remote workers aims to provide them with the knowledge and skills to recognize and respond to mental health challenges in isolated work environments. It helps individuals understand common mental health issues, reduce stigma, and promote a culture of well-being.

## MENTAL HEALTH FIRST AID TRAINING

### Day 1

- Recognize psychological complaints
- Recognize skewed growth
- Distinction: acute psychological problems, short-term, long-term
- Discussing psychological complaints
- Basic first aid handles:
  - o Ensure safety
  - o Provide recovery time
  - o Provide energy sources
  - o Provide relaxation and sleep
  - o Provide nutrition

### Day 2

- Dealing with difficult emotions: fear, gloom, anger, sadness
- What is healthy processing of major events?
- What is unhealthy processing of major events?
- Basic forms of conversation:
  - o Providing security
  - o Listen
  - o Providing structure
  - o Offering perspective
  - o Providing follow-up, aftercare

### Yearly follow-up program

- Contribute your own situations with questions
- Recognize psychological complaints
- Distinction: acute psychological problems, short-term, long-term
- Discussing psychological complaints

- Refresh basic Mental first aid handles

## CERTIFICATION

Participants will receive a certificate according to CRKBO registration upon successful participation and passing of tests. If participants do not pass the tests or show ineffective or harmful behaviour towards people with psychological complaints during the training, the certificate will not be issued.

## 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.



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