



# JMS FLEET CIRCULAR

**FC Number : 06-2022**

**SUBJECT : Mental Health Support**

**ISSUE DATE : 21 September 2022**

Dear Captain, Officers and Crew,

Following the publication of the Health Survey Report by Quay Crew on Mental Health Onboard within the Superyacht Sector, JMS Yachting feels that we have to play our part in supporting Crews onboard and offering assistance where this may be needed.

From the report, we have identified four areas, which we feel are the basis in supporting crews onboard:

- Shore Mental Health Support
- Mental Health Training
- Mental Health Policy
- Onboard designated Mental Health First Aider

## Shore Based Mental Health Support

JMS has designated two Mental Health Officers.

Primary Support & Contact: Tom Vannieuwenhuyse  
Mob: +34 (0)666 884 852

Secondary Support & Contact: Zoe Bolt-Falconer  
Mob: +31 (0)633 010 685

External contact outside JMS Yachting is also available. Yacht Crew Help provide 24/7, 365 days a year help to yacht crew. They can be reached by:

Yacht Crew Help: Email: [help@yachtcrewhelp.org](mailto:help@yachtcrewhelp.org)

Telephone: +44 203 713 7273

Attached is a poster which can be printed out and placed in the Crew Mess.

ISWAN (The International Seafarers' Welfare & Assistance Network) have a free mobile app which offers 24hour support and resources to crew worldwide, this also includes a direct line to Yacht Crew Help. The app can be downloaded from Google Play or the AppStore.

## Mental Health Training

JMS recommends that all crew carry out a mental health awareness course. The course helps to look after your own mental health and recognise the signs in fellow crew members. There are many online courses available. It is at the Captains discretion to select a suitable training course. A couple of options are :

- MHFA Mental Health Awareness Generic Course:  
<https://mhfaengland.org/individuals/adult/half-day/>
- ISWAN Maritime Mental Health Awareness Training Module 1:  
<https://www.seafarerswelfare.org/our-work/mental-health-awareness-training-for-the-maritime-industry>



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## Mental Health Policy

JMS believes that the mental health and wellbeing of the crew is key to organisational success and sustainability. The purpose of this policy is to establish, promote and maintain the mental health and wellbeing of all crew through workplace practices, and encourage crew to take responsibility for their own mental health and wellbeing.

### ▪ Goals

- To build and maintain a workplace environment and culture that supports mental health and wellbeing and prevents discrimination (including bullying and harassment).
- To increase employee knowledge and awareness of mental health and wellbeing issues and behaviours.
- To reduce stigma around depression and anxiety in the workplace.
- To facilitate crew active participation in a range of initiatives that support mental health and wellbeing.

### ▪ Responsibility

All crew are encouraged to:

- Understand this policy and seek clarification from captain / mental health officer where required.
- Consider this policy while completing work-related duties and at any time while representing **the yacht**.
- Support fellow crew in their awareness of this policy.
- Support and contribute to **the yacht's** aim of providing a mentally healthy and supportive environment for all crew.
- Carry out a Mental Health Awareness course.

All crew have a responsibility to:

- Take reasonable care of their own mental health and wellbeing, including physical health.
- Take reasonable care that their actions do not affect the health and safety of other people in the workplace.
- Take reasonable care for the others on board.

The Captain has the responsibility to:

- Ensure that all crew are made aware of; 1) this policy. 2) the name of the mental health officer / first aider. 3) Shore Based Mental Health Assistance.
- Actively support and contribute to the implementation of this policy, including its goals.
- Manage the implementation and review of this policy.

## Onboard Mental Health Officer / First Aider

JMS Recommends that the captain appoints a Mental Health First Aider. Crew Members can do an online course. There are many online courses available. It is at the captain's discretion to select a suitable training course. Some examples below

- MHFA Mental Health First Aider:  
<https://mhfaengland.org/individuals/adult/2-day/>
- ISWAN Maritime Mental Health Awareness Training Module 2&3:  
<https://www.seafarerswelfare.org/our-work/mental-health-awareness-training-for-the-maritime-industry>



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## Attached & Affected Documents

### Attached Documents:

- Quay Crew – Health Survey Report. (To be available in the Crew Mess.)
- Yacht Crew Help Poster. (To be posted on the crew notice board.)

### Affected Documents:

With issuance of the updated SMS which will become available within a few weeks, the following documents will be updated;

- SMS Chapter 02 CREW, to be updated to include information relating to Mental Health onboard.
- Separate Mental Health Policy (as stated above) to be issued and posted.

You will be informed in due time relating to the affected documentation and it's availability.

It's noted that the Quay Crew, health survey report was conducted over a period of a month and is detailing results of a survey under approx 1000 respondents. JMS Yachting is of the opinion that a good Mental Health of the crew on board of yachts is important. If you have any questions or require further information relating to the above, then please contact Tom or myself directly.

Kind regards,

A blue ink handwritten signature, appearing to be 'Zoe Bolt-Falconer', written in a cursive style.

Zoe Bolt-Falconer