

UK P&I CLUB



Crew Mental Health

Capt. Anuj Velankar

- Seafarers - the human element in shipping
- 75% to 96% of incidents occurring at sea attributed directly to human error.*
- Human error disguises a variety of underlying problems
 - Fatigue
 - Poor mental health
 - Stress and other issues

*Allianz – Safety & shipping review 2017

- 1 million people die due to suicide every year (WHO)
- Second leading cause of death among 15-29 year olds
- 75% of global suicides in low and middle income countries
- Conflict, disaster, violence, abuse, or loss and a sense of isolation strongly associated with suicidal behaviour

(Source: Preventing suicide – A global imperative : WHO 2014)

- Swansea report - Seafarers were the second most at risk profession worldwide when it came to suicide.*
- 1960 to 2009 – Suicides account for 5.9% of all deaths at sea.**
- Missing at sea? : 83% of suicides / possible suicides occurred by drowning at sea or port.***

* High-Risk occupations for suicides - S.E Roberts (2012)

** The mental health of seafarers – Robert Iversen (2012)

*** Suicides among seafarers – S.E Roberts (2010)

- Possibly negligible?
 - Mental health only account for 1.92% of illness cases (2006 to Apr 2017).
- 9.1% of deaths due to injuries attributable to suicide (2006 to Apr 2017).*
- 18.3% of deaths due to injuries if including suspicious “lost at sea” incidents. (2006 to Apr 2017).*
- Cadet death statistics. – 40%*

* Figures exclude deaths due to illness

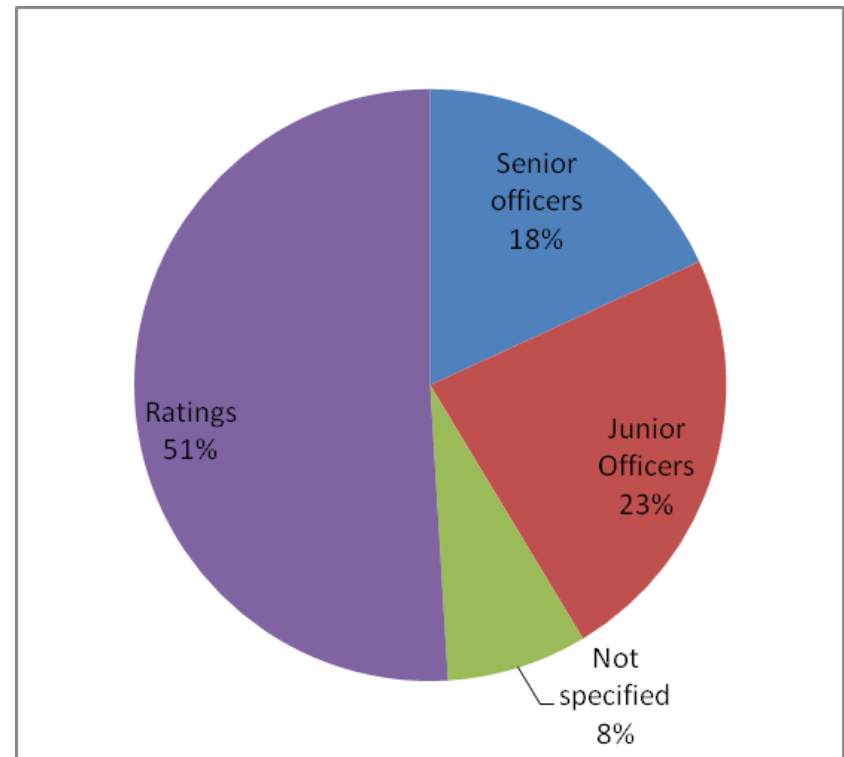
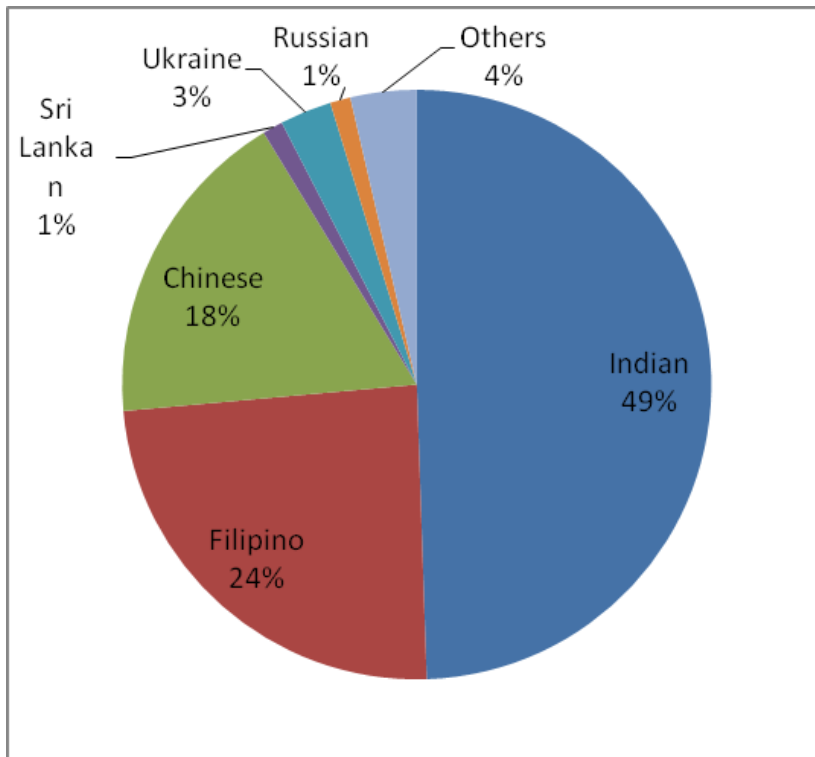
Year (1)	Death (due to injuries) (2)	Suicides (3)	Total deaths (4) [(2) +(3)]	Suicides (%) [(3) as % of (4)]	Suicide + suspected suicides (6)	% of total deaths [(6) as % of (4)]	Attempted suicides (8)
2006	16	1	17	5.9%	1	5.9%	5
2007	16	2	18	11.1%	4	22.2%	0
2008	25	2	27	7.4%	3	11.1%	2
2009	18	2	20	10.0%	2	10.0%	0
2010	14	0	14	0.0%	1	7.1%	5
2011	11	0	11	0.0%	2	18.2%	3
2012	15	0	15	0.0%	0	0.0%	4
2013	12	0	12	0.0%	2	16.7%	1
2014	6	1	7	14.3%	3	42.9%	1
2015	11	3	14	21.4%	5	35.7%	4
2016	11	5	16	31.3%	8	50.0%	2
2017	4	0	4	0.0%	1	25.0%	2
Total	159	16	175	9.1%	32	18.3%	29

Table 2: Statistics regarding suicides and attempted suicides for last ten years

- Falling crew numbers (Safe manning levels?)
- Lack of communal eating & recreation activities
- Responsibility and paperwork have increased
- Technology & social media
- Faster turn-around & reduced shore leave
- Language barriers



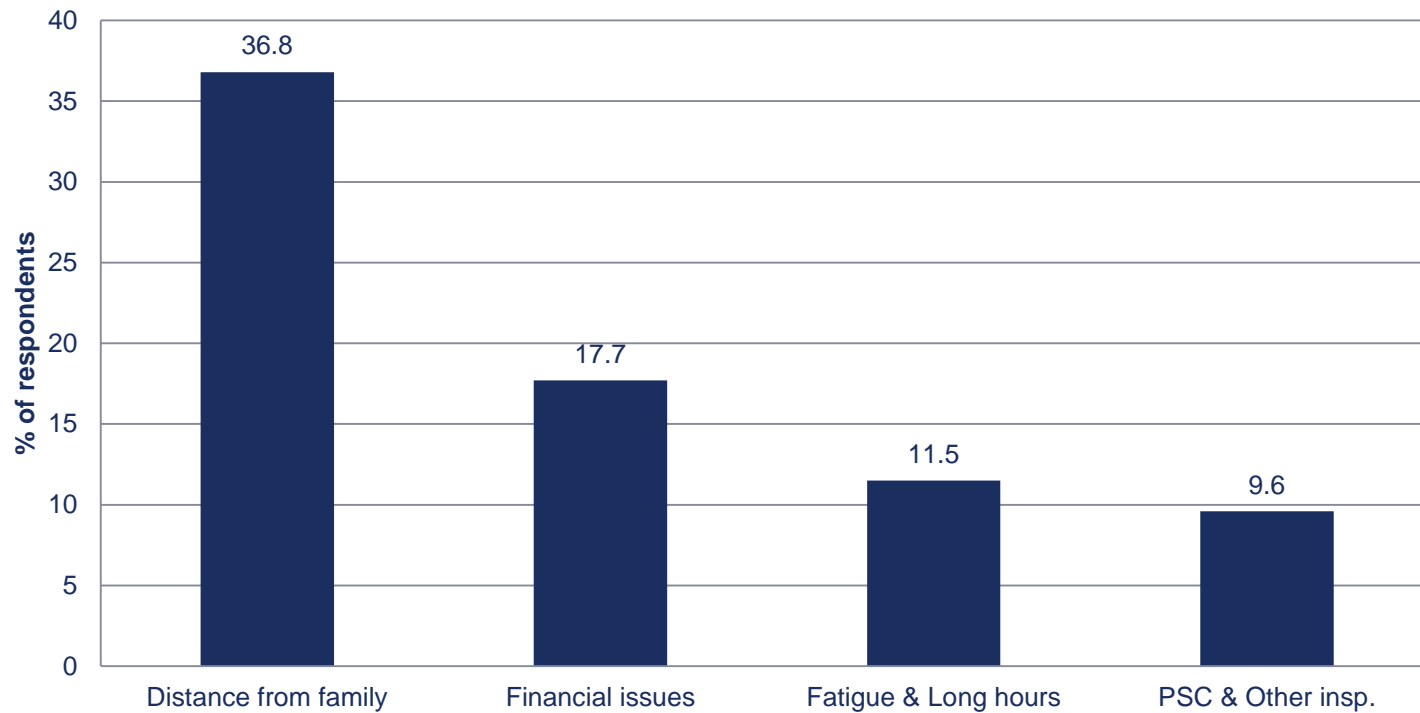
- Seafarers:
 - Onboard – 2149 seafarers
 - On vacation – 199 Seafarers













Please rank in importance the **TOP THREE** issues that typically stress you most at Sea. If difficult to rank, just choose the top three:

- Financial issues
- Fatigue / long work hours
- Distance from family
- Poor competence of juniors
- High demand / time pressures
- Threat of piracy / violence
- Threat of increasing regulations / criminal sanctions against ship staff
- More inspections such as vetting / PSC etc.
- Medical / Health issues
- Poor leadership and management style
- Others _____

Top Stressor



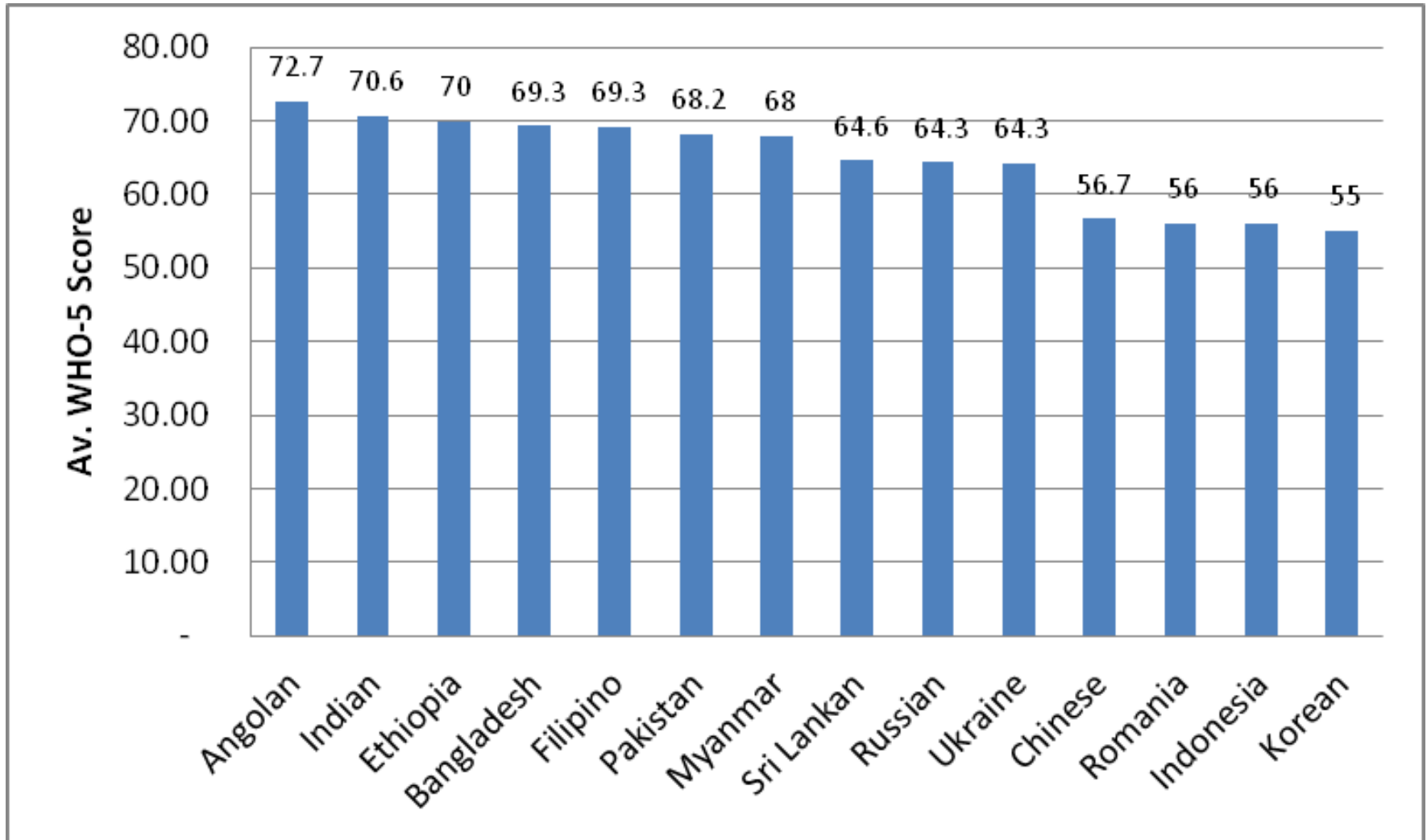
38. For each of the five statements in the table below, check the box that is closest to how you have been feeling over the last two weeks.

	<i>Over the last two weeks...</i>	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All of the time
A	I have felt cheerful and in good spirits	 <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	 <input type="checkbox"/>
B	I have felt calm and relaxed	 <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	 <input type="checkbox"/>
C	I have felt active and vigorous	 <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	 <input type="checkbox"/>
D	I woke up feeling fresh and rested	 <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	 <input type="checkbox"/>
E	My daily life has been filled with things that interest me	 <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	 <input type="checkbox"/>

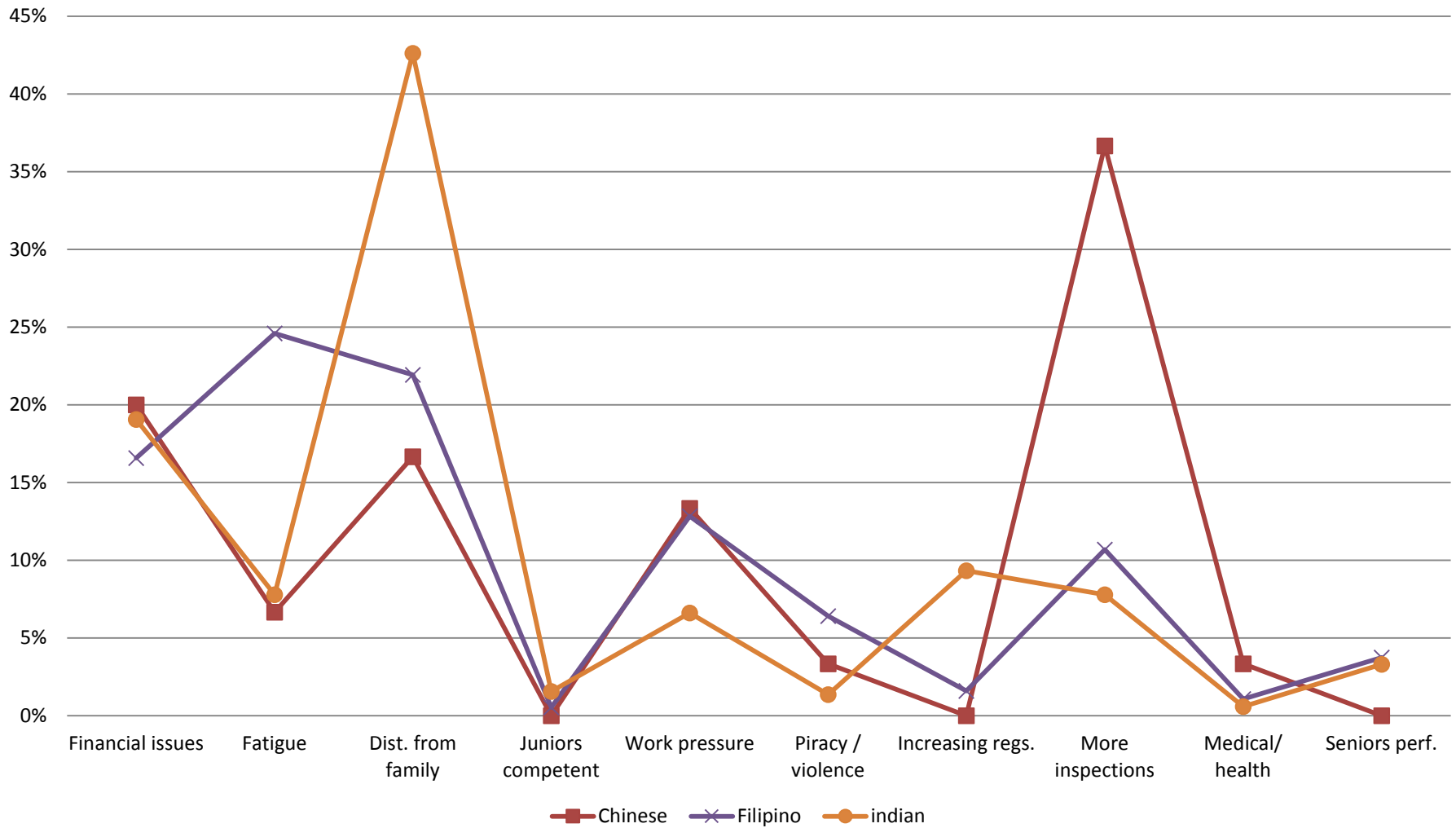
- 21% Seafarers – Low mood
- 7% Seafarers – Less than 28 – Potentially indicating depression

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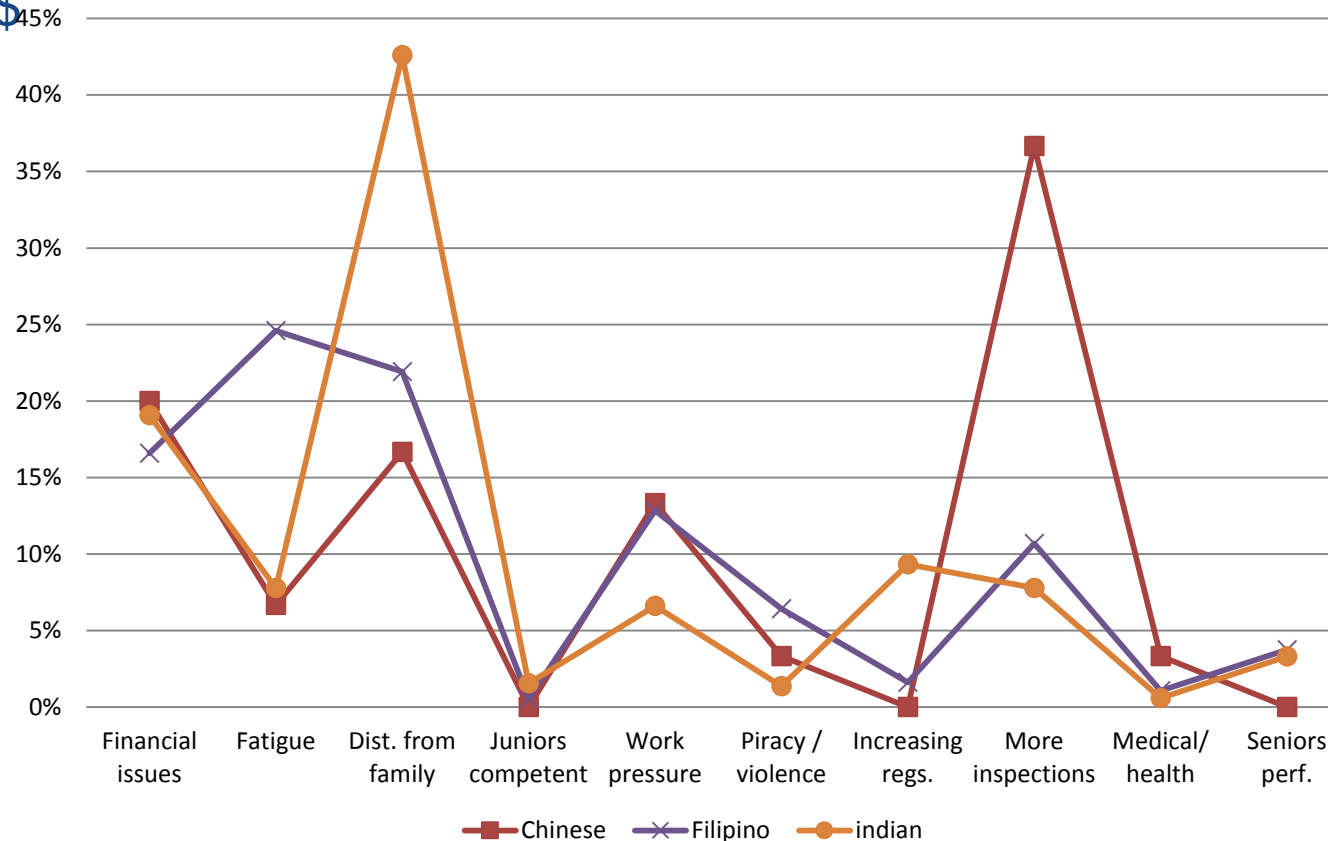
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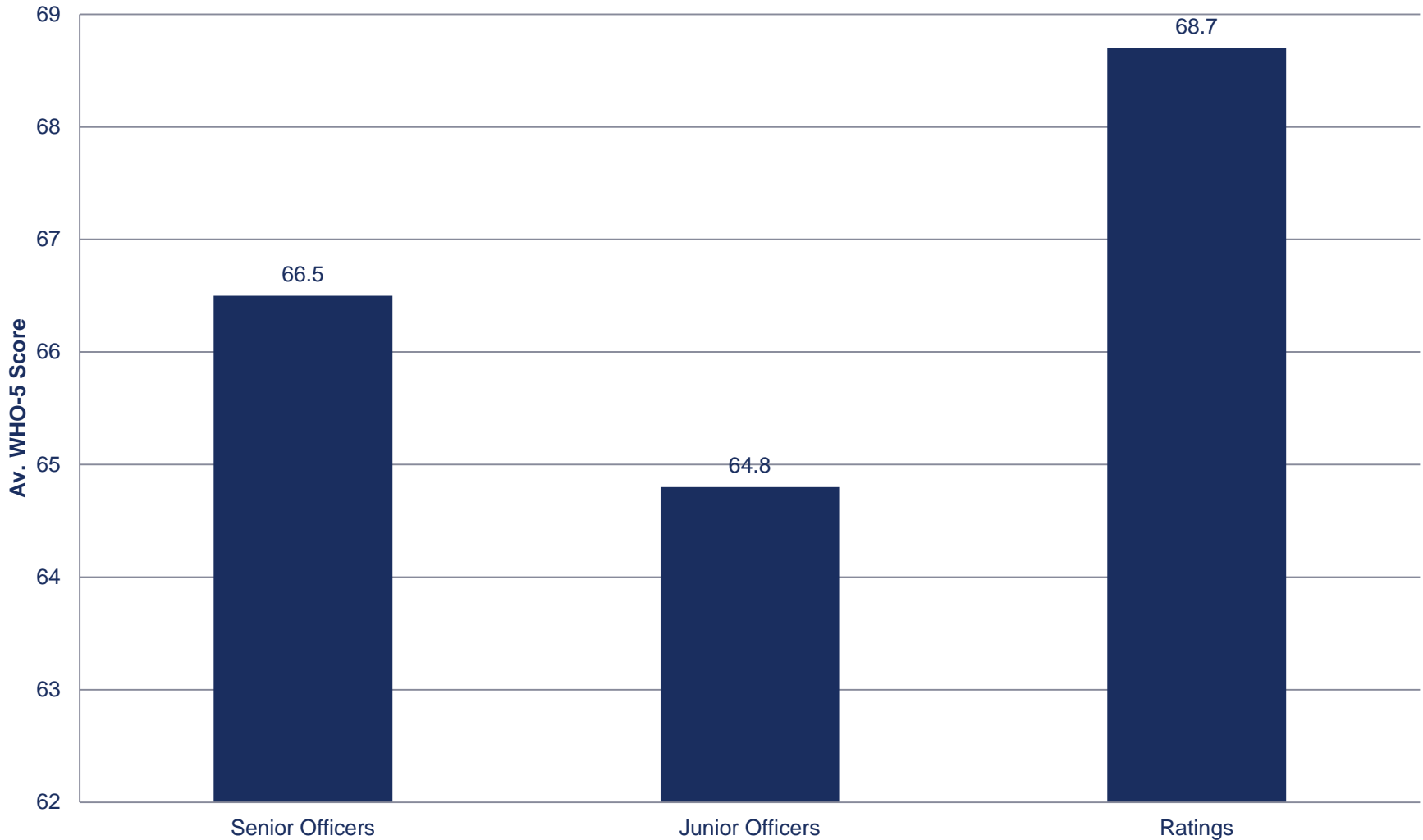


Top Stressor Vs. nationality

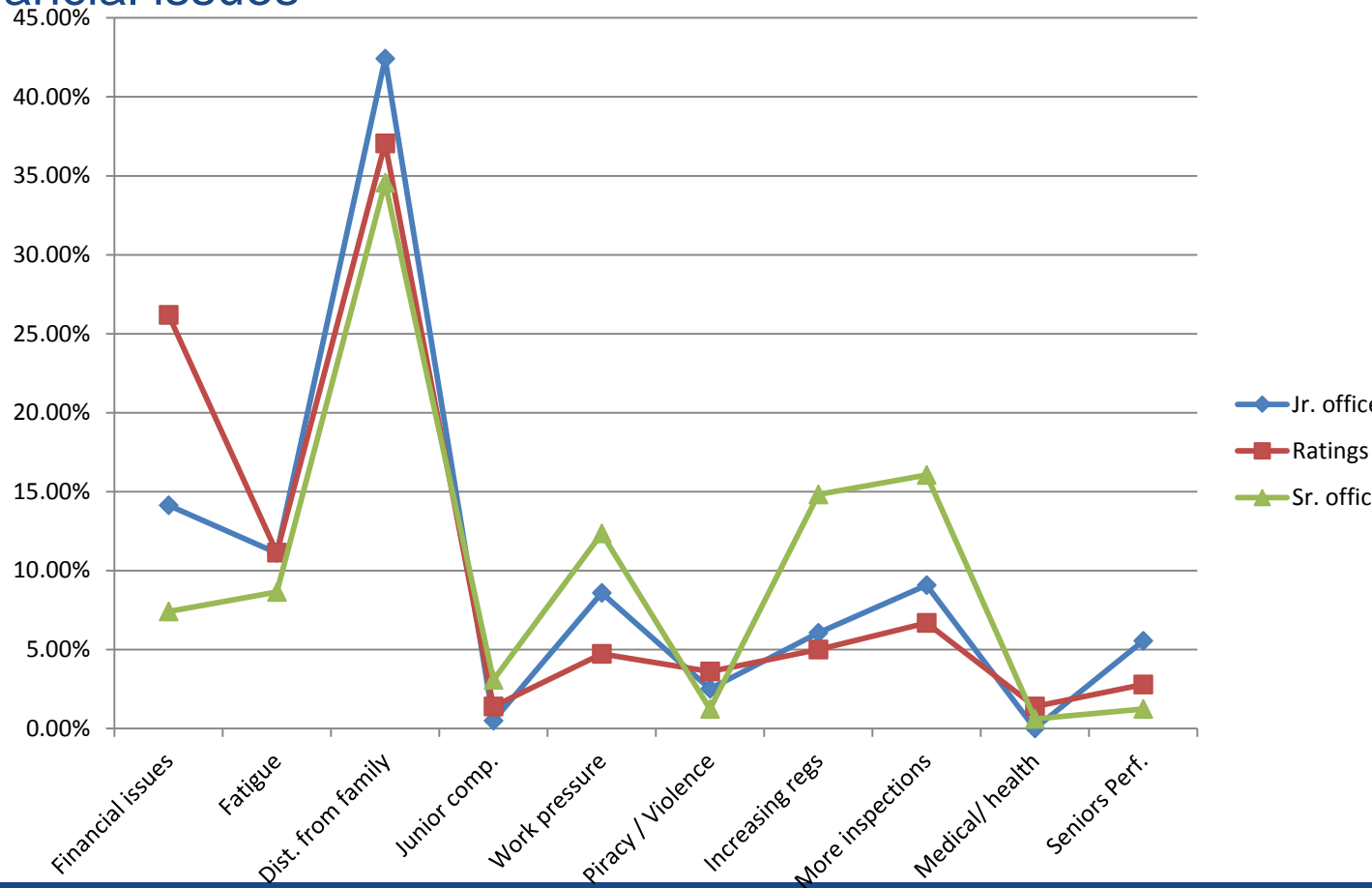


- Indians – Family (43%) + Increasing regulations
- Chinese – Inspections
- Filipino – Fatigue + Work pressure
- Everybody – \$\$\$\$

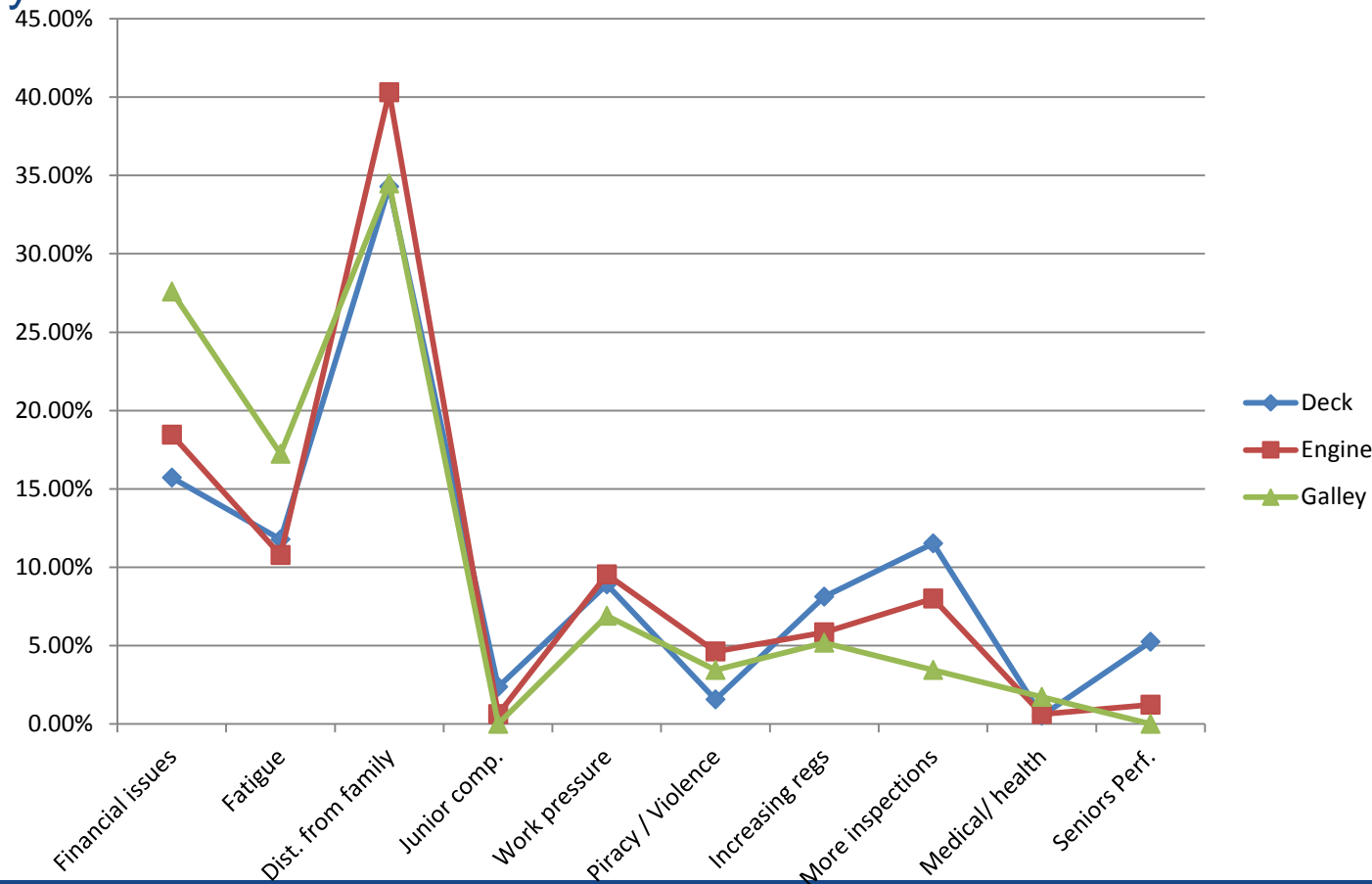




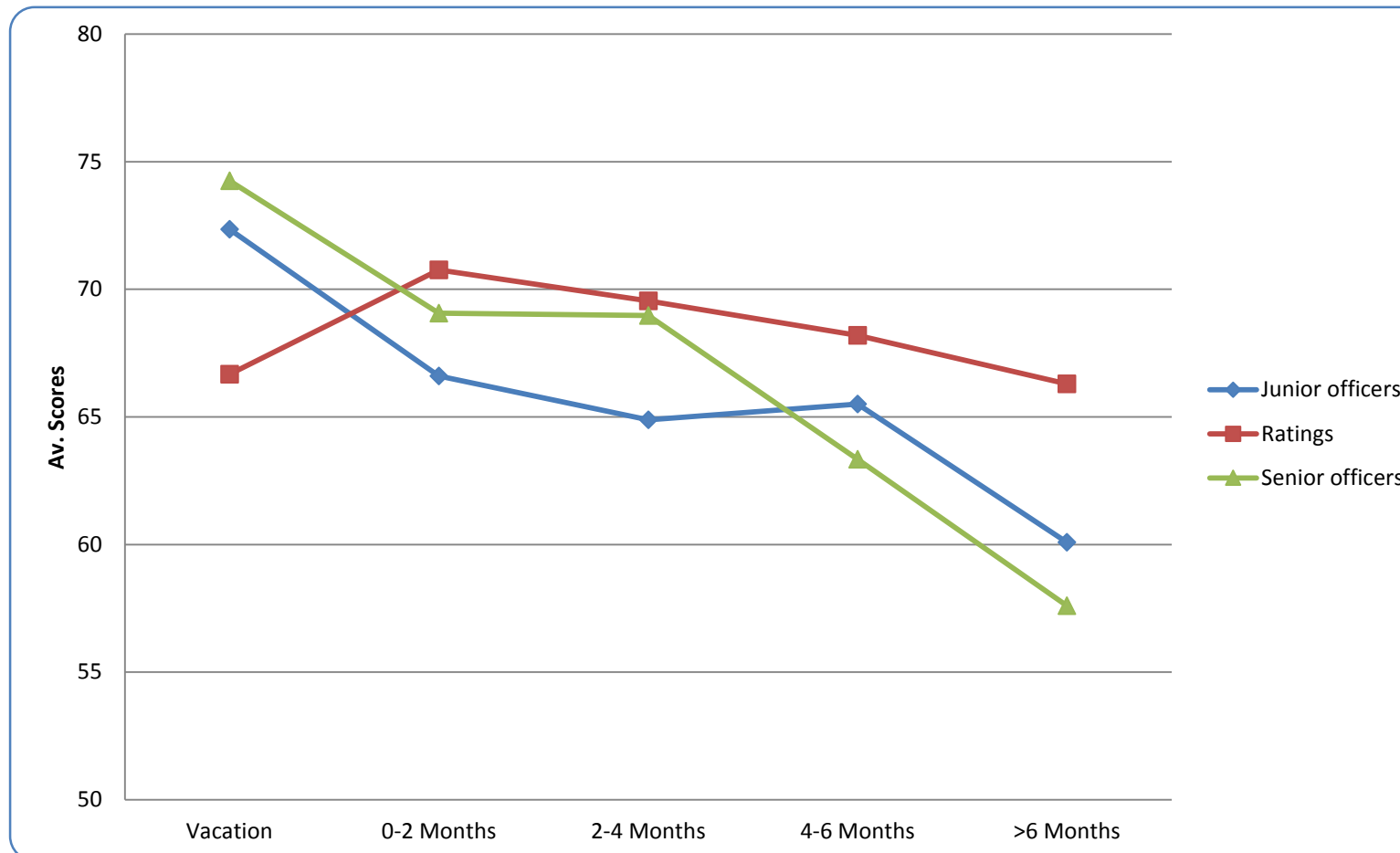
- Junior officers – Distance from Family (42%)
- Senior officers – Work pressure / inspections/ increasing regs
- Ratings – Financial issues



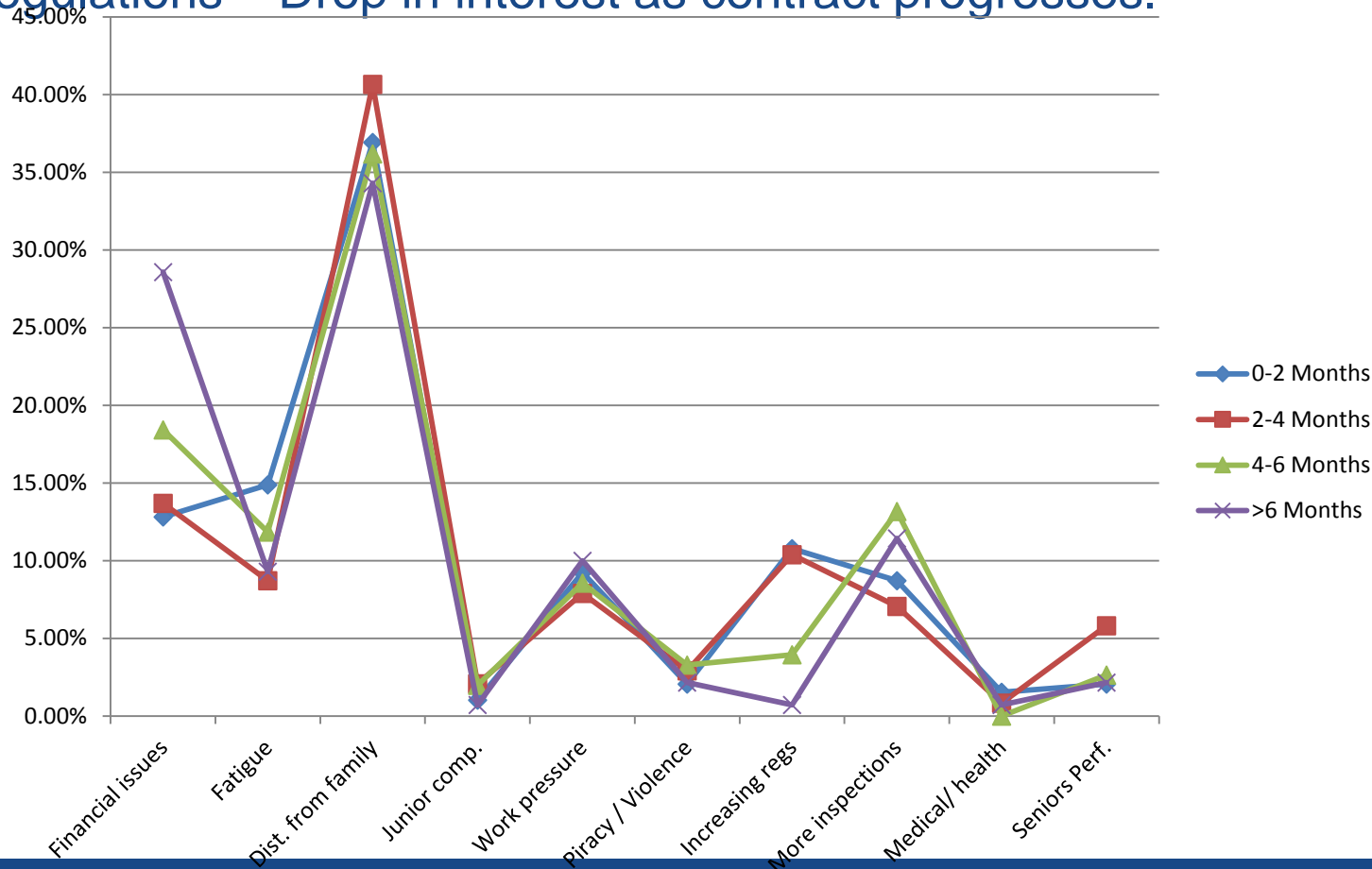
- Galley – Financial + Fatigue
- Deck – Criminalization + inspections + seniors (shore support)
- Engine - Family

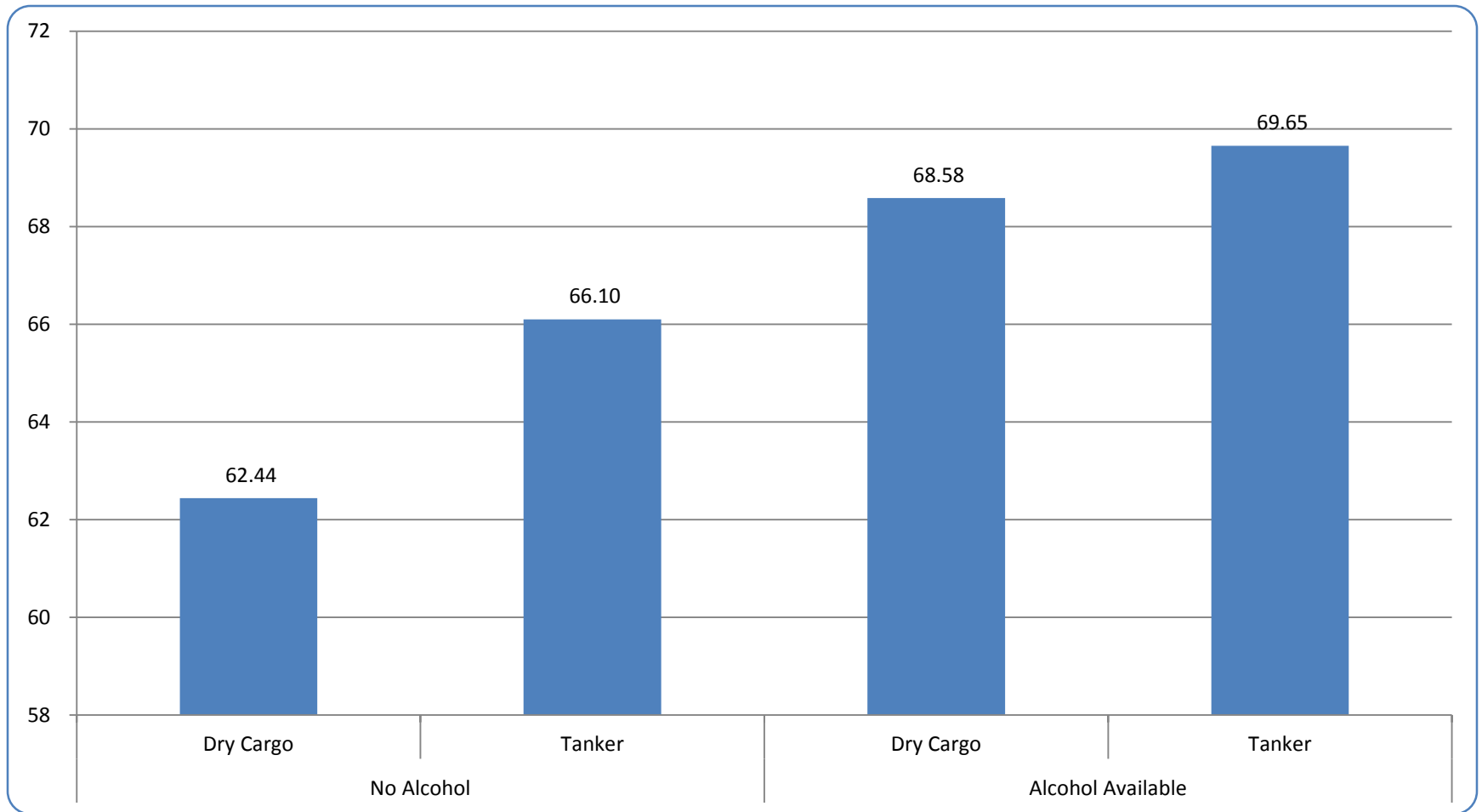


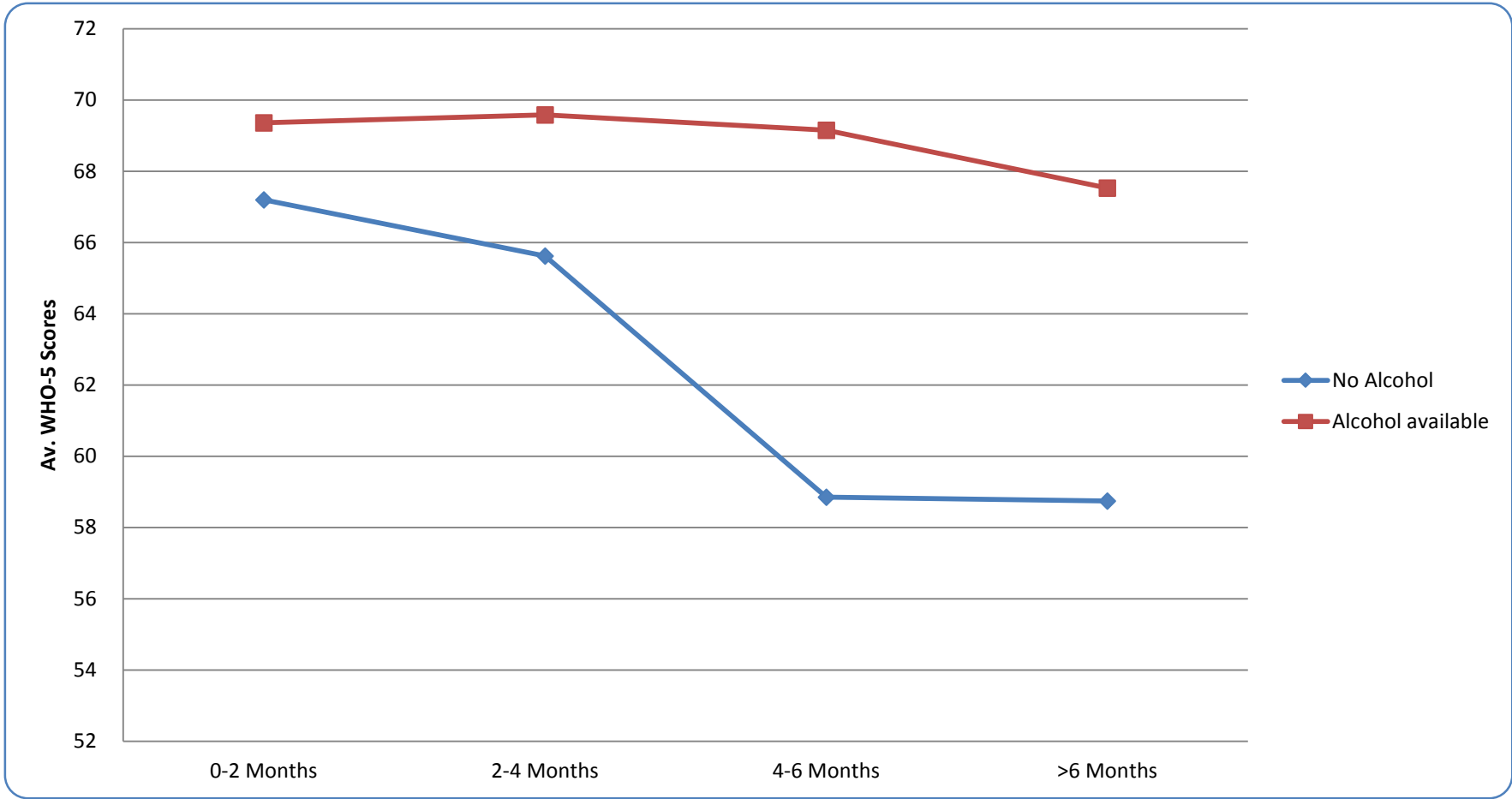
- Senior officers steepest drop across the contract.
- Ratings most resilient. (Only 6 ratings used for the vacation polling)



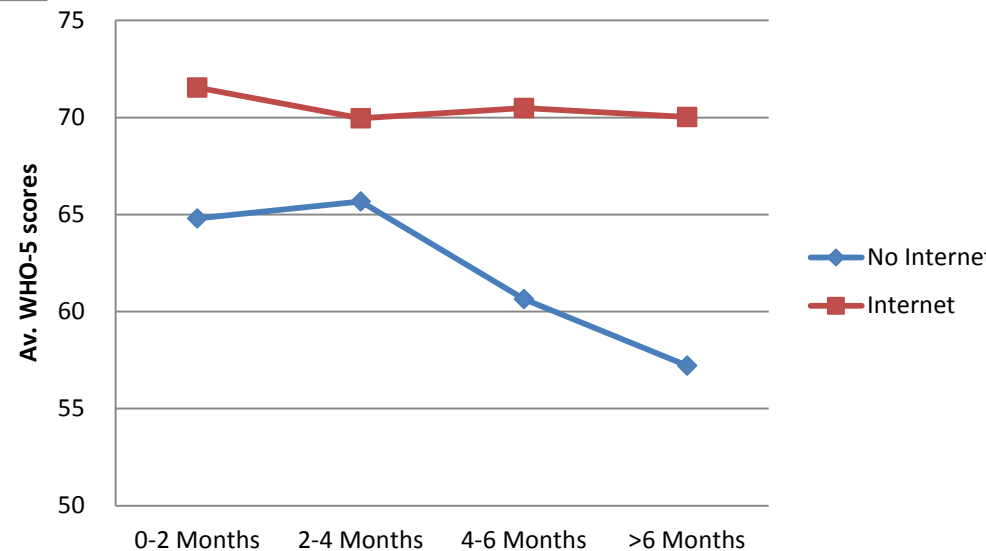
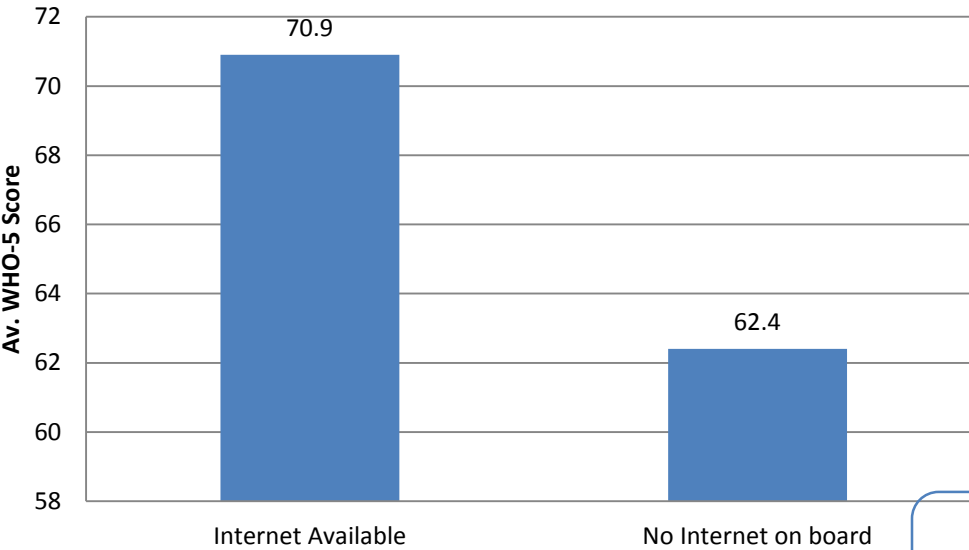
- Financial issues increasing with time at sea. (12.8% to 28.6%)
- Distance from family – Peaks at 2-4 Months.
- Increasing regulations – Drop in interest as contract progresses.





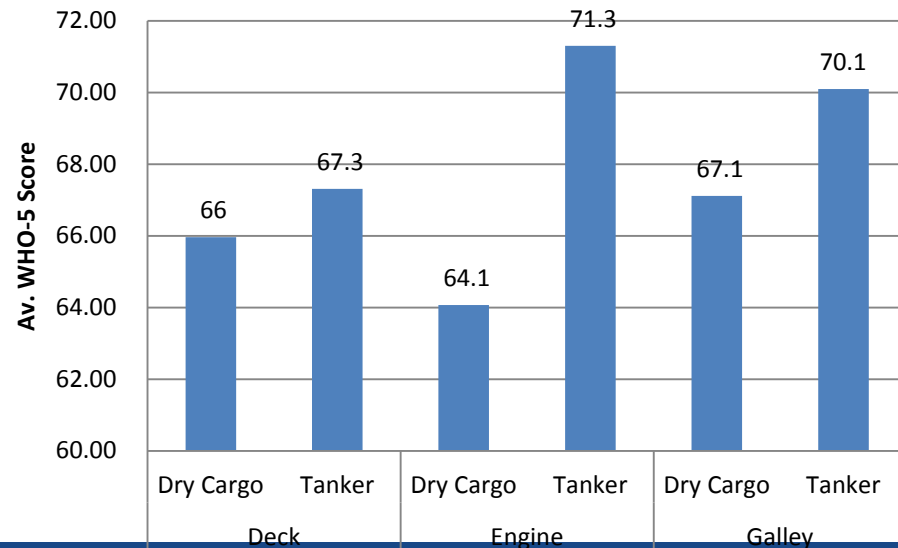
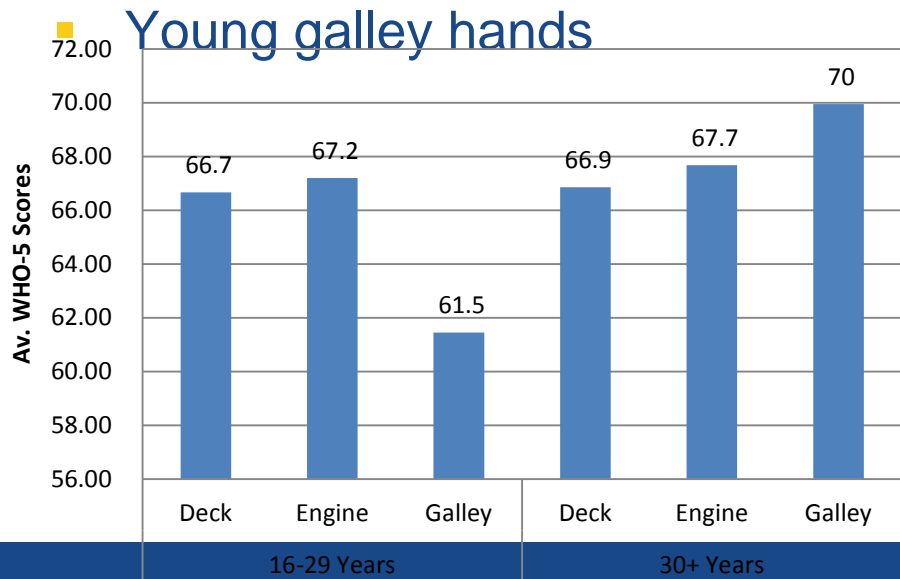
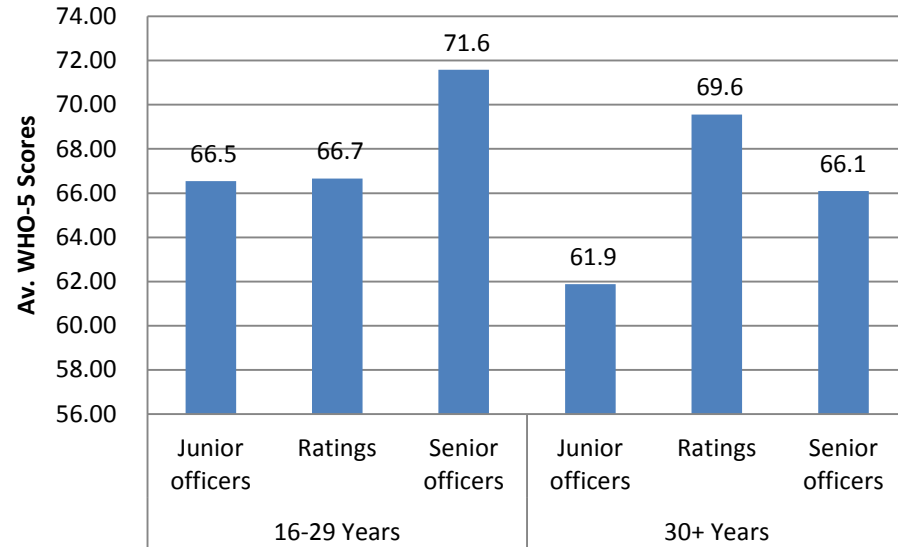


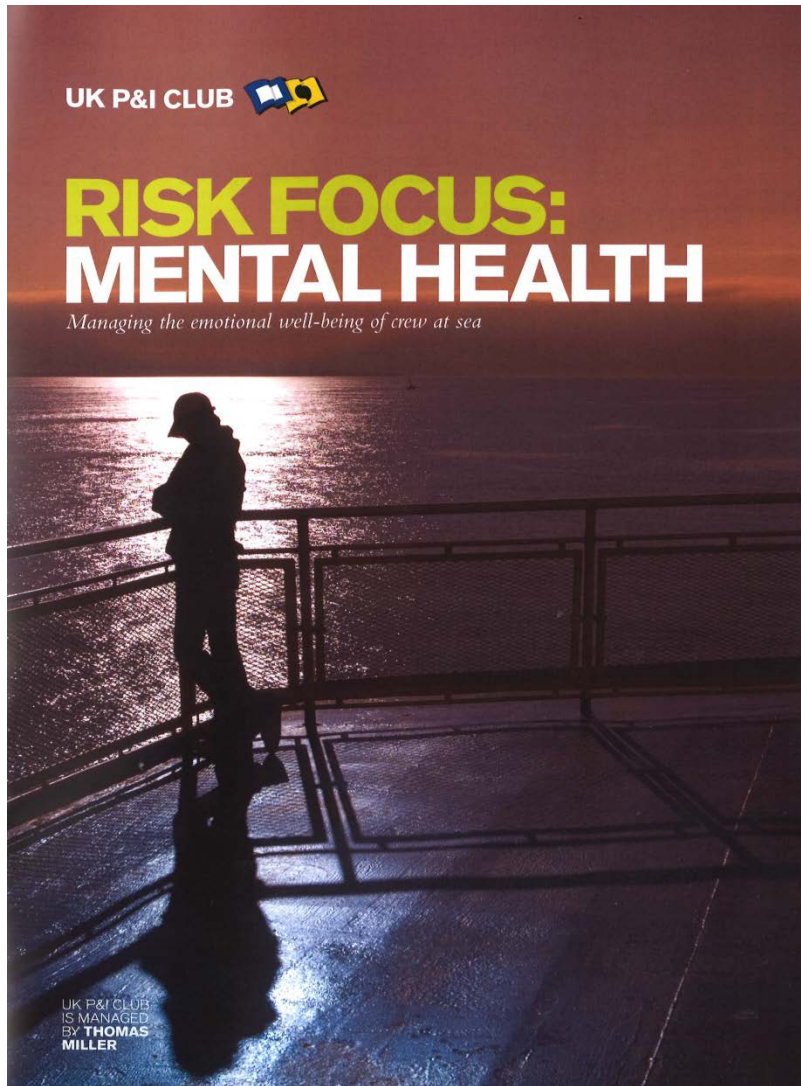
Internet and Mental Health Scores



- Junior officers:
 - Least mental scores + highest % of low scores
 - Junior officers with age 30+
 - End of contract

- Dry cargo vessels
 - Engineers





- A priority for Club
- Club continues to see an increase mental health and suicide cases
- Need to consider progressive and targeted steps

Thank you – Any questions?

