

MERCHANT MARINER MEDICAL ADVISORY COMMITTEE (MEDMAC)

RECOMMENDATIONS ON MARINER MENTAL HEALTH

TASK STATEMENT 18-27 ACTION SHEET

TASK TITLE: Recommendations on Mariner Mental Health

PROBLEM STATEMENT:

The Coast Guard seeks the input of industry, via MEDMAC, on mariner mental health concerns.

BACKGROUND:

Mariner mental health concerns are of significant importance because they affect the well-being of mariners, and because they may adversely affect, and be adversely affected by, vessel operations and life at sea. Improving and promoting mariner mental health requires that we identify and address the factors that contribute to poor mental health in the maritime environment. Mariner mental health concerns may include, but are not limited to, depression, anxiety, post-traumatic stress disorder, and suicide. While some of these concerns arise in individuals with diagnosed mental illness, many occur in people who do not have a known mental health condition. Successful strategies to support and promote mariner mental health should identify and address known mental health conditions, as well as the other factors that contribute to poor mental health in seafarers.

DESCRIPTION OF TASKS/DELIVERABLES:

Consider the perspectives shared during the meeting and other information gathered from your experiences in the maritime industry to provide recommendations to the Coast Guard on how to promote and protect mariner mental health by addressing the following:

1. Identify the key mental health issues affecting mariners and the maritime industry (Please indicate how the identified mental health issue affects the industry).
2. Identify factors that may cause/contribute to the key mental health issues that you identified in #1.
3. Identify ways to modify or address the factors identified in #2.
4. For the identified contributing factors, indicate which entity(ies) would be in the best position to address (Coast Guard, maritime employers, individual mariners, medical practitioner, etc.)
5. Based on your answers to the above questions, provide recommendations on mariner mental health to the following groups: Coast Guard, maritime industry, and merchant mariners.
6. What recommendations do you have, if any, for data collection and research?

Provide comments/recommendations to the Coast Guard by the close of the Spring 2019 MEDMAC meeting.

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VI. COAST GUARD TECHNICAL REPRESENTATIVE

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VII. WORKING GROUP CHAIR

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Enclosures: None

Accepted: 14 September 2018

Modified: _____

Closed: _____