



Mental Health and Wellbeing

Fostering a safe and healthy environment

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Mental Health and Wellbeing Strategy

- Why was the Strategy developed?
- Elements of the Strategy
- eLearning module videos
- Next steps
- Questions



Why did we develop the Strategy?

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Three million Australians are living with depression or anxiety and it's estimated that 45% of people will experience a mental health condition during their lifetime.



Why did we develop the Strategy?

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- *Investigator* carries 40 scientific participants and 20 marine crew on voyages up to 60 days in duration in remote locations.
- National and international participants, some may never have been at sea before or away from family for extended periods.
- Helps create and support positive mental health and wellbeing on *Investigator*.
- Although a whole of ship issue, applies to scientific voyage participants and aligns with Ship Manager's policies for *Investigator's* contracted marine crew.

Mental Health and Wellbeing at Sea Strategy Marine National Facility

Strategy focuses holistically on positive mental health and wellbeing in three stages:

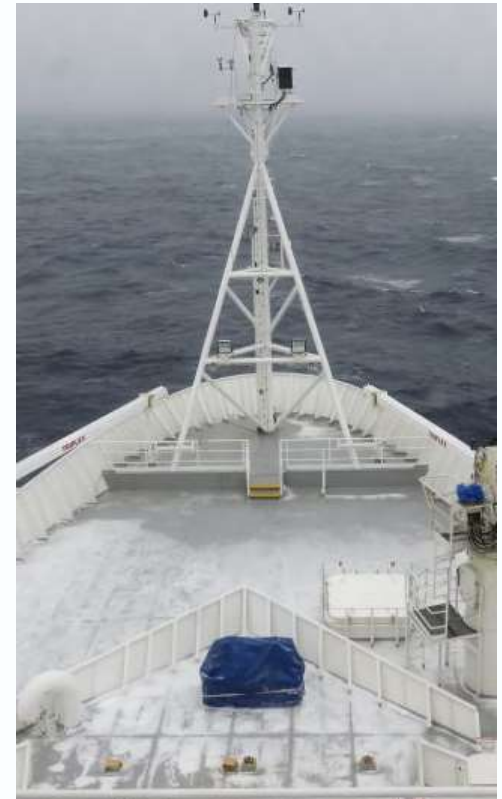
- pre-voyage preparations
- at sea
- post-voyage transition back to life on land



Strategy is summarised in the eLearning module which must be completed pre-voyage by scientific participants and their nominated next of kin:

- 5 x participant videos
- 1 x next-of-kin video

Includes roles and responsibilities specific to *Investigator*, shown today for completeness.









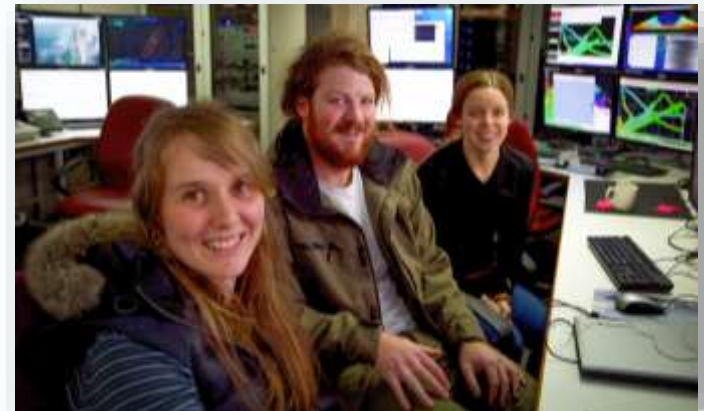




Key messages

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- Prior preparation is important
- Look after yourself, focus on positive activities
- Look after your ship mates
- Seek assistance early
- Be safe and enjoy your voyage
- We are here to help at any stage



Next steps

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Positive response from participants.

No major incidents reported from remote voyages so far.

Ongoing review to identify further improvements:

- Subtitles and transcript will be included
- Seeking to meet best practice in accessibility
- Establish next of kin network during voyage

Written Strategy included in IRSO presentations.



Thank you

Any questions?

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