



MHSS Training Courses 2021

| Course Name | Duration | Method |
|---|-------------------------------------|----------------------|
| Psychological First Aid | 1 day total (2 x 0.5 days possible) | Face-to-face, online |
| Resilience | Intro 2 h, Full course 1 day | Face-to-face, online |
| Crisis Management | 1 day total (2 x 0.5 days possible) | Face-to-face, online |
| Mental Health and Mental Hygiene at Sea (general introduction to the topic and mental hygiene) | 0.5 day | Face-to-face, online |
| Understanding stages of grief, mitigating acute stress and disfunction | 1 day | Face-to-face, online |
| Bullying | 0.5 day | Face-to-face, online |
| Positive Relations on Board (focused on the relationship between different groups and cultures) | 1 day total (2 x 0.5 days possible) | Face-to-face, online |
| Communication & Motivation | 1 day total (2 x 0.5 days possible) | Face-to-face, online |
| How to cope with mental illness at sea (individuals and managers – how to recognise, respond and manage mental health issues onboard) | 1 day total (2 x 0.5 days possible) | Face-to-face, online |
| Burnout Avoidance and Management (office and shore-based staff) | 1 day total (2 x 0.5 days possible) | Face-to-face, online |
| Creating a Mentally Healthy Environment on Board (introduction to the value and practical elements of creating a mentally-positive vessel – starting from the bottom) | 1 day total (2 x 0.5 days possible) | Face-to-face, online |
| Creating a Mentally Healthy Environment Ashore - How to create a culture of positive mental health | 0.5 day | Face-to-face, online |
| Strategies to Cope with Social Isolation - Seclusion from Family & Friends | 0.5 day | Face-to-face, online |



Hohenzollernring 18, 22763, Hamburg



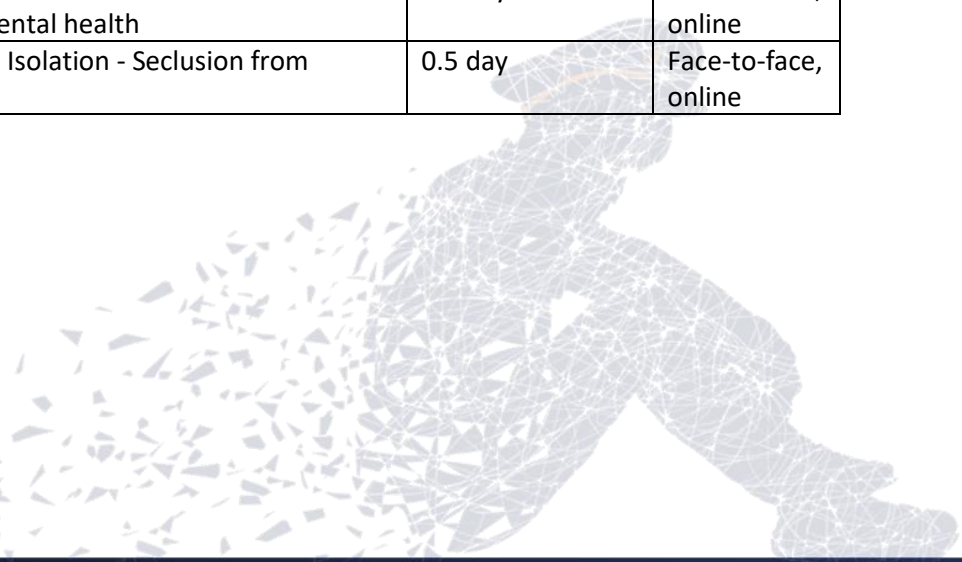
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| Course Name | Duration | Method |
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| Work related Stress - Stress Management | 0.5 day | Face-to-face, online |
| Mental Health Awareness – Fighting the stigma (How to normalise mental health onboard vessels – practical advice and insights) | 0.5 day | Face-to-face, online |
| Post-Traumatic Stress Disorder (PTSD) in the Maritime Sector (What it is, why it is important to deal with it in advance/when an issue arises, what it means in practice) | 0.5 day | Face-to-face, online |
| Group Dynamics - Dealing with aggressive colleagues, teamwork and interaction (focused on how to challenge established ways of thinking, leadership strategies and challenges) | 1 day total (2 x 0.5 days possible) | Face-to-face, online |
| Addiction Avoidance (Social media, other external factors) | 0.5 day | Face-to-face, online |
| Fatigue – Recognition, Prevention and Promoting positive working habits | 0.5 day | Face-to-face, online |
| Accident Management and Mental Health – How to recognise danger before it happens, respond and create a culture of proactive thinking (about risks and curative strategies) | 1 day total (2 x 0.5 days possible) | Face-to-face, online |
| Healthy Workplaces | 1 day total (2 x 0.5 days possible) | Face-to-face, online |

All courses can be adjusted in their lengths and the content individualized.

Most topics can be offered as a short “Lunch-and -Learn” intro.



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