



CORONAVIRUS (COVID-19) – FILM - “Mental Resilience On Board”

May 2020

Dear Member,

In our previous film “[Coronavirus - Stay Safe On Board](#)” we described the sources of the Coronavirus; how it affects humans; how seafarers can protect themselves on board; and how to maintain good physical health. However, this virus pandemic can pose other threats to health and wellbeing, particularly to seafarers who are isolated on board.

To help support seafarers at this challenging time, we have developed a new programme produced by Marine Media Enterprises with the support of Columbia Ship Management, Petronav Ship Management, ISWAN and Steamship Mutual.

“[Coronavirus – Mental Resilience On Board](#)”, which you can find on our website, addresses the importance of mental resilience. In the film we identify some of the threats for those on board; and focus on how to combat stress to maintain a good and positive mental state by including details of skills and coping strategies to help.

You can still download [Coronavirus - Stay Safe On Board](#) from our website where you will also find links to translated subtitled versions of the film.

For further information and advice relating to the Coronavirus (COVID-19), please refer to the information on our [website](#), which is updated regularly.

Yours faithfully,

STEAMSHIP MUTUAL UNDERWRITING
ASSOCIATION LIMITED