Seafarer Mental Health Self-Assessment Checklist

This self-check is designed to help you reflect on your current mental well-being. It is not a diagnostic tool, but it can help you recognize areas where you might need support or rest.

Instructions:
Read each statement below. Answer honestly by choosing:
Yes | Sometimes | No

1. Emotional Wellbeing

	Yes	Sometimes	No
I can manage stress and stay calm in challenging situations.			
I feel generally positive or hopeful about the future.			
I recognize and accept my emotions without feeling overwhelmed.			
I take breaks or rest when I feel mentally or emotionally exhausted.			
I bounce back after tough days at work or personal setbacks.			

2. Social Connection

	Yes	Sometimes	No
I feel connected to at least one person onboard I can trust or talk to.			
I maintain regular contact with family or friends back home (when possible).			
I participate in crew activities or interact socially during downtime.			

I do not feel isolated or completely alone for long periods of time.			
I am comfortable asking others for help or support when needed.			

3. Psychological Resilience

	Yes	Sometimes	No
I can concentrate and perform my duties with a clear mind.			
I feel in control of my thoughts and reactions most of the time.			
I can make decisions without feeling overly anxious or doubtful.			
I stay mentally active through reading, music, hobbies, or other interests.			
I feel a sense of purpose or meaning in the work I do.			

4. Warning Signs

	Yes	Sometimes	No
I have not had persistent feelings of sadness, anger, or emptiness in recent weeks.			
I have not thought about hurting myself or wishing I wasn't here.			
I'm not using alcohol, medication, or substances to numb my feelings or escape.			

My sleep is relatively steady. I don't often struggle to sleep or feel exhausted despite resting.			
I don't feel like I'm just "getting through the day" without enjoying anything.			

What Your Responses Might Mean

- ? **Mostly "Yes"** – You're likely maintaining a healthy mental balance. Keep checking in with yourself regularly.
- ☐ **Mostly "Sometimes"** – It may be time to slow down, rest, or talk to someone. Your well-being matters.
- ☐ **Mostly "No"** – You might be feeling overwhelmed or struggling. Please consider speaking to a trusted person onboard or reaching out to mental health support solutions.

Remember
Asking for help is not a sign of weakness — it is a step toward strength and stability. You're not alone.