

## Workplace Options and Future Care Safety4Sea Nomination – Case Studies

*Below are the two case studies that were shared as part of WPO's and Future Care's joint nomination for the Safety4Sea Initiative Award.*

**August 2020** - Concerned with the wellbeing of a mariner struggling with depression, a captain contacted the emotional wellbeing assistance line developed by WPO and Future Care. According to the captain, the mariner was under 24/7 observation out of fears of self-harm.

A counselor reached out via telephone to the individual who shared he had previous struggles with anxiety and PTSD. The quarantine experience, along with concerns for his family's health, had triggered those anxious feelings again. The counselor helped the mariner incorporate several strategies to manage his fears, including breathing exercises and grounding techniques. They also co-created a safety plan. Since ports were closed due to COVID, the team worked with the captain to develop a schedule based on the ship's location and mariner's availability, so the counselor could check-in several times a week with the mariner. Ongoing support was provided for two months, until the mariner was able to disembark and return home.

**December 2020** - A cargo ship captain requested assistance from the service after his vessel had been attacked, resulting in a terrible explosion and fire. Within 48-hours, the team had arranged individual trauma support for each mariner on board. The support included immediate intervention via telephone with a professional counselor in the first language of the mariner, as well as scheduled check-ins as needed. Mariners reported a variety of reactions to the trauma, from difficulty sleeping and flashbacks to feelings of sadness and isolation. Counselors helped to validate the crew members' responses and provided coping strategies to help them move forward in healthy ways.

### You Can Help WPO and Future Care win the Safety4Sea Initiative Award

*The general public vote accounts for 50% of the final score for the Initiative Award. The remaining 50 percent is determined by a guest panel. You can show your support of WPO and Future Care by voting once and encouraging others to vote by sharing on social media.*

- 1 Click [here](#) to navigate to voting site.
- 2 Under Initiative Category, select Start.
- 3 Scroll down and click on the WPO/Future Care logos.