



## Mark the Safe Space for Conversation & Reflection

### Emotional Empowerment

Empower maritime professionals to express their emotions openly and seek support when needed.

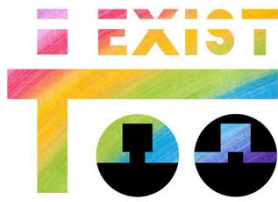
### Stigma Reduction

Combat stigma surrounding mental health issues within the maritime community by promoting understanding and acceptance.

### Creating Safe Spaces

Establish safe spaces where individuals feel comfortable discussing mental health challenges and seeking assistance.





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### Maritime Minds Benches: Fostering Mental Health and Inclusion in the Maritime Sector

The maritime sector has the opportunity to cultivate positive environments and characteristics that support the well-being of its workforce. Embracing this potential for growth, "Maritime Minds Benches" aims to enhance mental health awareness within the industry and promote a culture of inclusivity through constructive dialogue, empathy, compassion, and supportive measures.

#### Objectives:

1. Emotional empowerment: Empower maritime professionals to express their emotions openly and seek support when needed.
2. Stigma reduction: Combat the stigma surrounding mental health issues within the maritime community by promoting understanding and acceptance.
3. Creation of safe spaces: Establish safe spaces where individuals feel comfortable speaking, reflecting, and addressing mental health challenges.

#### Approaches:

1. Empathetic benches: Install designated empathetic benches in strategic locations within maritime institutions, marked as safe spaces for conversation and reflection. These benches will serve as physical symbols of our commitment to promoting mental health and inclusion.
2. Community collaboration: Involve maritime workers, mental health professionals, and community members in the planning and implementation process.

#### Implementation:

1. Partnership with donor organisations: Collaborate with donor organisations to secure funding for bench installations and educational programmes. Donor organisations will select suitable locations, within their organisation or elsewhere, for bench placement. Donor organisations will decide which supplier will craft the benches.
2. Promotion and communication: Use various communication channels, including social media, newsletters, and industry events, to raise awareness about "Maritime Minds Benches" and its objectives. Highlight success stories and testimonials to inspire participation and support from the maritime community.
3. Eco-friendly bench construction: Craft benches using ocean-sourced waste. Benches can also be made from fallen trees.
4. Evaluation: A comprehensive evaluation framework to measure the impact of "Maritime Minds Benches" on mental health outcomes and attitudes within the maritime sector will be developed.

Maritime Minds Benches aims to create a supportive and resilient maritime community where every individual feels valued and supported in their mental well-being journey. Together, we can cultivate a culture of compassion and understanding within the maritime sector, ensuring the mental health and inclusion of all its members.