



# When you're at your best you can do great things.

But you can't be at the top of your game all the time.

Working with SEAS THE MIND can get you closer to the best version of you. So you're more prepared to take on everything life as a crew member throws at you... Looking after the owner, looking after the boat, looking after yourself last.

We get it...

MHFA is Training online via video or in person, with support and resources for the most common human element issues we encounter onboard... and the only MHFA training **course taught to crew by crew**



Learn from peer to peer discussions, dynamic mix of presentations, group discussions, workshop activities and yachting specific case studies.

SEAS THE MIND can provide access to invaluable and expert resources and professionals with a wide variety of experience and services.

Learn more at [www.seasthemind.co.uk](http://www.seasthemind.co.uk)  
ask about our seafarer specific courses.

As many of you already know, Nautilus announced in the last week of January 2023 that at the next STCW revision, MH training will be mandatory within STCW.

Are you ready to be a future leader in our industry...?



## What people say:

*"Great course, very relevant. I would recommend anyone in a position of authority or head of department to take this two day course. I found it really insightful more so, that it allowed for an open and honest environment to discuss mental health as a whole - and what we as individuals can do to promote more awareness and understanding about how this is something that affects each and every one of us."* Chief Officer 50m SY



*"Very helpful in bringing understanding to mental health and how to deal with it to help yourself and others"*

*"An excellent course that I believe should be part of the required list of certification, at least for HOD's and Captains in the yachting environment. I would highly recommend that this course is undertaken by all crew in the future."*

Chief Stewardess 48m MY