



PALM BEACH  
INTERNATIONAL  
BOAT SHOW

**‘MENTAL HEALTH IN YACHTING’**  
PRESENTED BY CAPTAIN KELLY J. GORDON AND GUESTS  
AT THE PALM BEACH INTERNATIONAL BOAT SHOW  
**MARCH 23, 3-4:30PM**



**Palm Beach, FL**— Superyacht Captain Kelly J. Gordon along with panelists from the yachting industry, will present a free seminar on ‘Mental Health in Yachting’ at this year’s Palm Beach International Boat Show on March **23**, 3-4:30pm.

Panelists include **Becky Castellano of Medical Support Offshore (MSOS), John Behrns, former Chief Officer, Angelika Sheldon of MedAire and Rick Thomas of JMS Yachting USA.**

PANELISTS



**Becky Castellano**  
MSOS



**John Behrns**  
Former Chief Officer



**Angelika Sheldon**  
MedAire



**Rick Thomas**  
JMS Yachting

Captain Gordon coordinated this group of industry experts and veterans to raise awareness surrounding mental health issues, highlight workable solutions and to discuss options that are now available to crew while at sea.

Recent studies from from Quay Crew and Mental Health Support Solutions have shown that over 50-percent of yacht crew have considered leaving the industry each year due to mental health-related circumstances. Since 2020 there has been an additional lack of qualified crew available for hire and the need for crew retention has reached critical mass. In addition, the costs associated with replacing crew is also sky rocketing and severely impacting owners operational budgets.

As a moderator and someone who has openly struggled with finding mental health support for herself and her crew, Captain Gordon's 'Mental Health in Yachting' seminar and panel discussion will highlight the imminent need for industry awareness and the solutions available. The panel will also discuss how to identify issues early on and who to turn to while at sea.

Says Gordon, "The goal of the seminar is to dismantle the hurdles many face while seeking help and to eradicate the stigma surrounding mental illness by speaking openly and honestly about what really happens above and below deck".

As one of the busiest charter captains in Florida, Captain Gordon has long recognized the need for an open dialogue on the subject. The panel discussion will encourage audience members to engage in an open conversation about how to approach the topic among yacht crew and other industry professionals, how to assist in identifying who has the greatest ability and responsibility to influence change on board and which types of support are currently in place.

For more information on the seminar or to RSVP, please visit:

[\*\*captainkellyjgordon.com/mental-health-seminar\*\*](https://captainkellyjgordon.com/mental-health-seminar)

Follow Captain Gordon on these social media platforms:

[\*\*Instagram\*\*](#)

[\*\*Facebook\*\*](#)

[\*\*Tik Tok\*\*](#)

[\*\*YouTube\*\*](#)

#### **About Captain Kelly J. Gordon:**

Captain Kelly J. Gordon is an accomplished motor yacht captain, social media influencer and the 2022 recipient of A Crew Yachting's Master 500- GT award. The former chemistry professor grew up on a farm in small-town Indiana where she developed the work ethic and drive that has made her successful. Her thirst for

adventure has led her to become one of the busiest and most respected charter captains in South Florida.

Captain Kelly enjoys sharing her story, teaching through her own experiences and providing personal insight to her 20K+ social media fans. She also frequently hosts seminars and speaking engagements. Captain Kelly recognizes that many of lessons she has learned at sea are just as applicable on land which is why she also provides mentorship to at-risk youth through outreach programs in her community.

For More Information, please contact:

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