



Psychological First Aid (PFA) Workshops

As a follow up on the inaugural Safety at Sea Conference held on November 10, 2019, the Shipping Team organized town hall-style Psychological First Aid (PFA) workshops to Vessel Masters and Senior Officers in Mumbai, India, on December 10, 2019 (photos) and January 23 and March 3, 2020, totaling over 90 participants. Awareness on human behavior, signs and symptoms of mental health, and the eight core actions of the PFA were some of the features of the workshops which were also live streamed to enable seafarers around the globe to participate. With the Covid-19 pandemic, the PFA workshops were conducted through online video conferencing with two batches held in April and May.