



WELLNESS AT SEA



DEPRESSION: KNOW THE SIGNS

Depression is the leading cause of mental health issues – and recognising it is the first step to getting help.

All of us have bad days, but the key to recognising there may be a more serious problem is the frequency of the symptoms below. Understanding the signs can help you know whether to seek professional advice.



DEPRESSION: KNOW THE SIGNS

SIGNS TO WATCH OUT FOR

EMOTIONAL/BEHAVIOURAL SYMPTOMS



- Displaying unusual behaviour or changes in usual behaviour
- Being withdrawn
- Aggression or tearfulness
- Loss of humour
- Inability to concentrate on tasks, increased errors, missing deadlines or forgetting tasks
- Increased consumption of caffeine, alcohol, cigarettes and/or sedatives
- Loss of confidence
- Difficulty remembering things
- Disruptive behaviour
- Poor job performance
- Becoming withdrawn, not participating in conversations or social activities and spending increasing amounts of time alone in cabins
- An employee who is normally punctual frequently arriving late

PHYSICAL SYMPTOMS



- Suffering from frequent minor illnesses, headaches or stomach upsets
- Difficulty sleeping or constant tiredness or feeling of fatigue
- Lack of care over appearance
- Sudden weight loss or gain
- Minor physical ailments
- Displaying unusual behavior or marked changes in behavior

FEELINGS



- Irritable
- Anxious
- Overwhelmed
- Worthless
- Frustrated
- Unhappy
- Disappointed
- Sad
- Indecisive
- Unmotivated

THOUGHTS



- 'I am a failure'
- 'It's my fault'
- 'Nothing good ever happens to me'
- 'I'm worthless'
- 'Life is not worth living'

Need help?

Email crisis@sailors-society.org visit
www.facebook.com/SailorsSocietyCRN, or go to
www.sailors-society.org/support-for-seafarers

