



Maritime &
Coastguard
Agency

MARINE INFORMATION NOTE

MIN 635 (M) Amendment 1 Wellbeing at Sea Publications

Notice to all Shipowners, Operators, Managers, Masters, Officers and Crew

Introduction of two new wellbeing publications:

Wellbeing at Sea: A Guide for Organisations

Wellbeing at Sea: A Pocket Guide for Seafarers

To provide tailored, practical advice to improve wellbeing onboard through organisational policy and personal action.

These guides will be available from TSO and the MCA.

This MIN should be read alongside the *Code of Safe Working Practices for Merchant Seafarers* and MIN 680.

This MIN expires 23rd, October 2026

Summary

This note provides information on two publications: "Wellbeing at Sea: A Guide for Organisations" and "Wellbeing at Sea: A Pocket Guide for Seafarers". In recent years, there has been growing interest in crew health and wellbeing within the maritime industry. These complementary guides aim to inform and motivate management and crew to enhance wellbeing onboard. The guides provide pragmatic advice on a range of wellbeing issues specifically tailored to their audience to show how wellbeing can be enhanced through all levels of the organisation, from policy to personal action. These publications are available from TSO and MCA.

1. Background

1.1 Wellbeing can be described as an individual feeling of fulfilment and contentment in life. It includes a state of good physical, mental and emotional health.

1.2 Overwhelmingly, research has shown that safety and wellbeing are inherently linked. Poor employee wellbeing is consistently linked to a greater accident and error rate, reduced productivity and increased absenteeism at work.

1.3 Seafarers work in unique environments that can be immensely rewarding and at times challenging. As understanding of health, wellbeing and safety increases, the industry is aware that some characteristics inherent to the environment onboard (e.g. prolonged periods away from loved ones, noise and vibration) may have a negative effect on the wellbeing of Seafarers.

1.4 'Wellbeing at Sea: A Guide for Organisations' and 'Wellbeing at Sea: A Pocket Guide for Seafarers' address a range of issues that can threaten wellbeing at sea to empower Seafarers and Management (Companies and Personnel) to make improvements that will enable all crew to stay safe, healthy and well.

1.5 'Wellbeing at Sea: A Guide for Organisations' provides pragmatic advice for organisations on how policy, procedures and company culture can be adapted to improve crew wellbeing.

1.6 'Wellbeing at Sea: A Pocket Guide for Seafarers' provides practical personal advice for Seafarers to empower them to take care of their own and be aware of others' wellbeing.

1.7 These publications are non-mandatory but support mandatory texts such as the Code of Safe Working Practices for Merchant Seafarers.

1.8 Printed copies of 'Wellbeing at Sea: A Guide for Organisations' (ISBN 9780115536076) and 'Wellbeing at Sea: A Pocket Guide for Seafarers' (ISBN 9780115537875) are available from:

Website: www.tsoshop.co.uk

Telephone (Orders): +44 (0)333 200 2425

Email (Orders): esupport@tso.co.uk

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Please note that all addresses and telephone numbers are correct at time of publishing.

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