

# SUICIDE AWARENESS

**COURSE OBJECTIVES** To build awareness about suicide in the maritime industry, enhance understanding of suicide risk, and enable early identification of warning signs. The course aims to reduce stigma associated with mental health, promote supportive and empathetic communication, and encourage timely help-seeking. It also equips participants with practical skills to effectively support colleagues experiencing suicidal ideation.

**ABOUT THE COURSE** This course provides a comprehensive understanding of suicide awareness within the maritime context. It focuses on recognizing early warning signs, understanding risk factors, and addressing stigma associated with mental health. Participants are introduced to evidence-based intervention techniques such as QPR (Question, Persuade, Refer), along with practical prevention strategies and coping tools for managing high-risk situations.

**PARTICIPANTS** Maritime industry professionals including ship owners, ship managers, and commercial operators; seafarers across all ranks such as shipboard officers, senior ratings, and aspiring leaders; as well as shore-based personnel including ship inspectors, marine superintendents, training managers, and human resource managers in maritime operations.

**DURATION** One day (Three Hours)

**KEY TOPICS**

- Gain a comprehensive understanding of suicide awareness in the maritime context.
- Learn to recognize early warning signs and understand risk factors.
- Address mental health stigma and promote open conversations.
- Explore evidence-based intervention techniques, including QPR (Question, Persuade, Refer).
- Develop practical prevention strategies and coping tools for high-risk situations.

## TRAINERS



### **Sanjana Kumar**

Sanjana Kumar, an M.Sc. in Clinical Psychology, to Charismight. With expertise in anxiety, depression, trauma, workplace stress, and interpersonal issues, she is committed to fostering mental resilience. Her qualifications include certifications in trauma-informed therapy, attachment theory, counseling psychology, child psychology, and internal family systems therapy, equipping her to provide holistic support.



### **Vandana Ashat**

Vandana, a psychologist with an M.A. in Psychology, to Charismight. With certifications in psychology, a diploma in 12 psychotherapies, and expertise in mental health, inclusivity, and sustainability, she brings invaluable insight to our team. As the wife of a Master Mariner, Vandana deeply understands the unique challenges of the maritime industry.