

Mental Health & Resilience in the Offshore Industry



Name

Section

Ref Number

Date

Introduction



This course aims to improve mental health and resilience in the offshore industry by providing personnel with knowledge and tools to understand mental health, identify stressors, and develop coping strategies. It emphasizes the unique challenges of offshore work like isolation and hazardous conditions. The course covers understanding mental health conditions, identifying offshore-specific risks, and promoting open communication and support.

Module 1

This module will cover the following topics:

- Introduction



Module 1a

This module will cover the following topics:

- UK's Offshore industry



Module 2

This module will cover the following topics:

- The North Sea Chapter of the International Association of Drilling Contractro



Module 3

This module will cover the following topics:

- Why mental wellbeing matters offshore
The domino effect of poor mental health



Module 4

This module will cover the following topics:

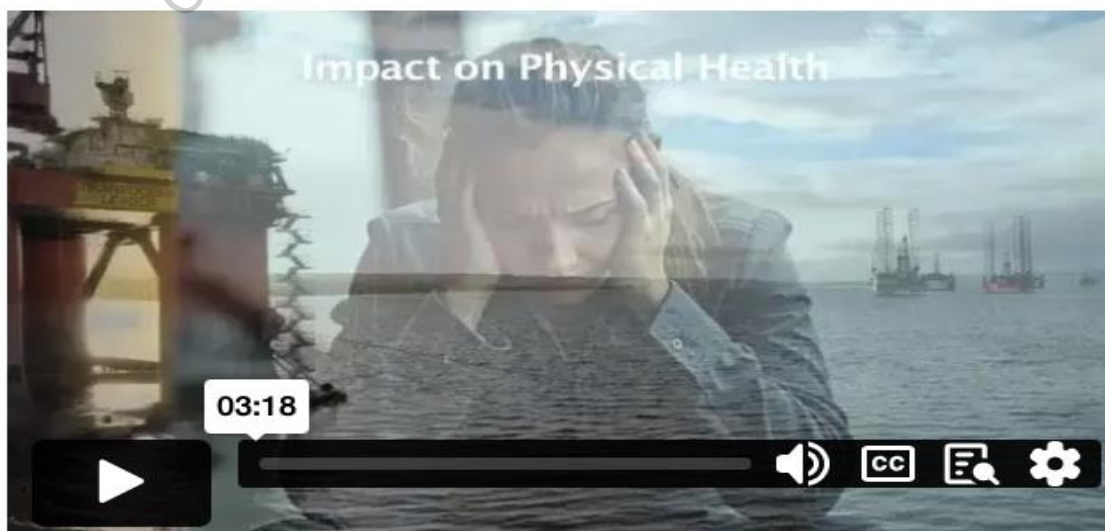
- Understanding mental health
- Looking after yourself
- Your mental health



Module 5

This module will cover the following topics:

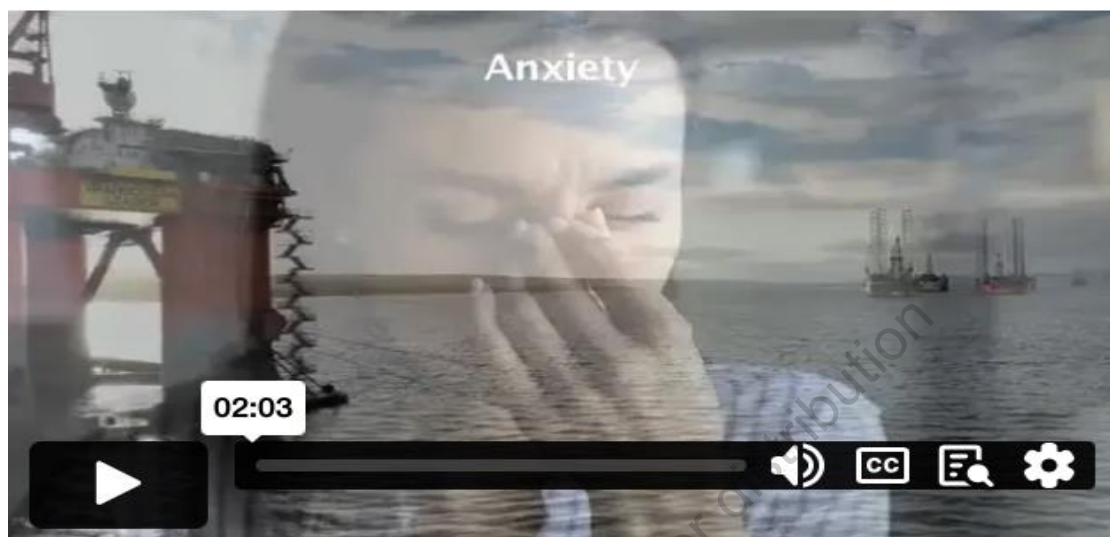
- Impact on physical health
- Importance in chronic illness
- Stress



Module 6

This module will cover the following topics:

- Anxiety



Module 7

This module will cover the following topics:

- Depression



Module 8

This module will cover the following topics:

- The connection : Stress, Trauma and PTSD



Module 9

This module will cover the following topics:

- Substance misuse as a coping mechanism
- Risks and dangers of substance misuse
- Addiction and dependence



Module 10

This module will cover the following topics:

- Identifying risk factors and stressors in the offshore environment



Module 11

This module will cover the following topics:

- Demanding work schedules
- Mental Impact
- Increased stress and burnout



Module 12

This module will cover the following topics:

- Exposure to hazardous conditions
- Physical hazards
- Chemical hazards
- Environmental hazards



Module 13

This module will cover the following topics:

- High consequence events



Module 14

This module will cover the following topics:

- Remoteness and limited support systems
- Mental impact



Module 15

This module will cover the following topics:

- Safety and productivity



Module 16

This module will cover the following topics:

- Recognising early warning signs & supporting colleagues



Module 17

This module will cover the following topics:

- Strategies for promoting wellbeing & building resilience (Individual & organisational)



Module 18

This module will cover the following topics:

- Stress management techniques



Module 19

This module will cover the following topics:

- Organisational & systemic support



Module 20

This module will cover the following topics:

- Interception for offshore workers



Module 21

This module will cover the following topics:

- Summary



I hereby affirm that I have fully completed this course designed for offshore workers. This includes watching all the prescribed video content

Yes

No

Date

Name

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