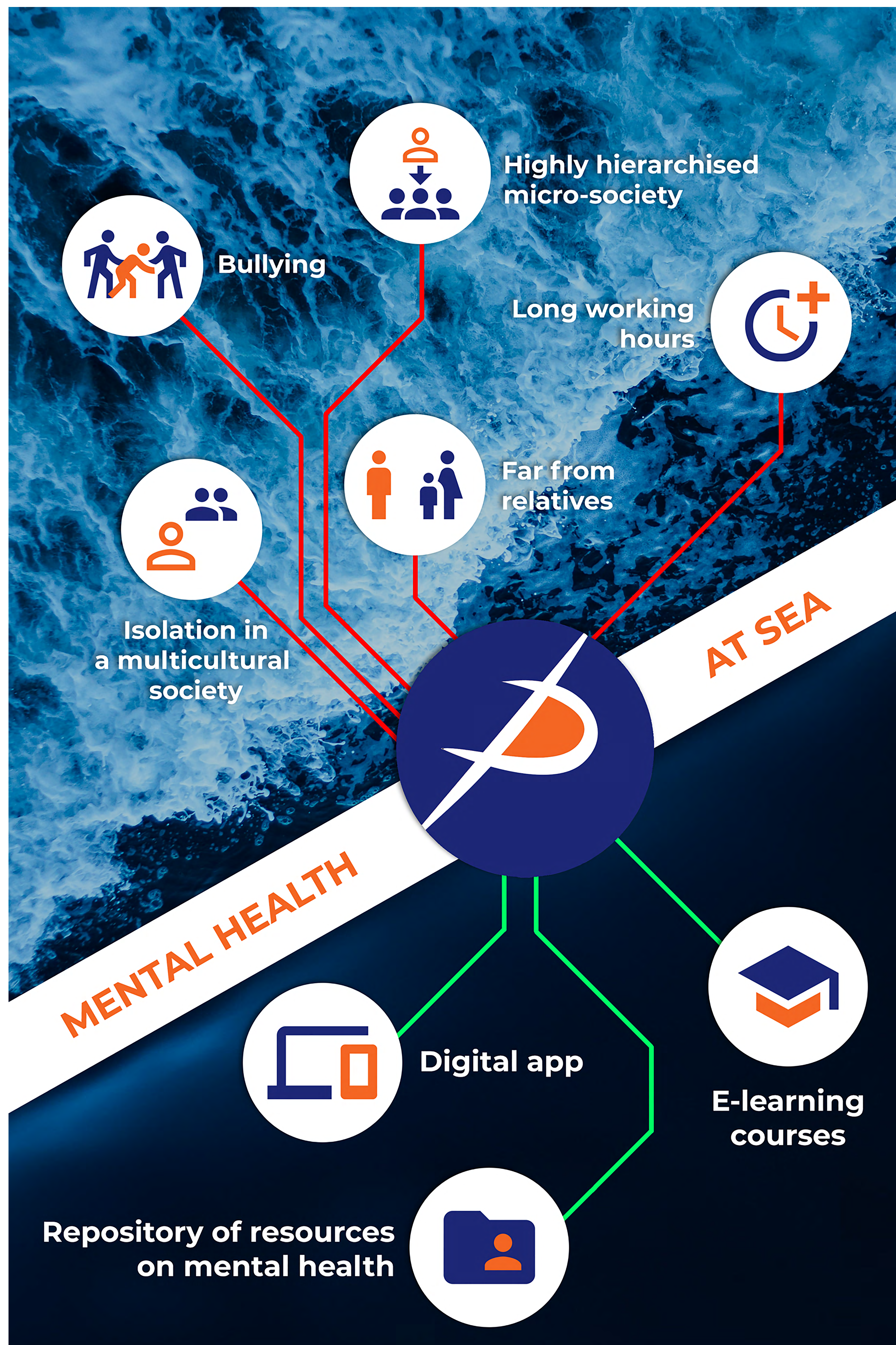


# PROMETHEAS

## Mental Health Data Research Hub for Seafarers

PROMETHEAS Project – The project's key aspects are described in its extended logo as shown below:



### Introduction

There are a number of key aspects that affect seafarers when out at sea. These aspects that affect seafarers include; productivity levels, physical endurance and cognitive ability. There are a number of factors that influence the above, an example of these are; changes in the environment, the specific nature of one's occupation, the desire for one's level of productivity, increased levels of fatigue from long voyages, etc. C4FF previously worked on another study, which was titled "Project Horizon - Stress at Sea". Project Horizon was a major multi- partnership European research study that brought together 11 academic institutions and shipping industry organisations. All organisations, institutions and beneficiaries shared the collective aim of delivering empirical data, to provide a better understanding of watch keeping patterns within the Maritime workforce. The broad spread of the project partners ensured expert objectivity of the project and its results, as well as widening routes for dissemination and exploitation of the findings. Project Horizon, similarly to Prometheus, looked at issues surrounding fatigue in various realistic scenarios. The study was able to capture empirical data on the cognitive performance of watch keepers and assess the impact of fatigue on decision- making performance. In response to the research findings, the Project Horizon partners have developed a fatigue management toolkit for the industry. This toolkit seeks to provide guidance to owners, operators, maritime regulators and seafarers to assist them in organising work patterns at sea in the safest and healthiest way possible. Fatigue is generally understood to be a state of acute mental and/or physical tiredness, in which there is a progressive decline in performance and alertness. Fatigue is often considered to be a generic term, of which 'sleepiness' is one of the major sub-components. Throughout the PROMETHEAS project, we shall explore further the causes and effects of mental illness in seafarers and how to overcome this issue.

### Conclusion

PROMoting MEnTal HEALth at Sea (PROMETHEAS) is an Erasmus+ KA2 Strategic partnership for VET, development of innovation project.

The central aim of this project is to develop a training course and learning resources for seafarers and maritime workers concerning the preservation and improvement of their mental health. It focuses on the various issues that derive from mental health problems and provides learners with necessary information and consultation on how to deal with these problems.

PROMETHEAS is a sector specific project. It is based on the matter of fact, supported by hard evidence, that mental health problems constitute one of the main risks of seafarer professions, yet neither initial nautical studies nor VET have dealt with this problem up to now. This has as a result that seafarers lack the knowledge and skills that would have helped them mitigate this risk.

The project aims at developing these skills through joining deep knowledge and expertise on the maritime sector of 7 institutions coming from 6 European countries.

More specifically, PROMETHEAS will produce three core intellectual outputs:

1. Repository of resources on mental health for maritime staff
2. E-learning training course for captains & seafarers
3. Digital app- self evaluation