

CREW CARE 同航

Seafarers' Psychological Support

海員心理支援



Service Goal:

To provide professional psychological support services to local and international seafarers. It aims to reduce their emotional distress and suffering from work and when affected by emergencies, and to foster their mental well-being, through collaboration with a Clinical Psychologist

Service Includes:

Personal Counseling

- Seafarers are welcome to express their personal feelings and concerns via various social media platforms
- Seafarers in need will be referred to the Clinical Psychologist, who will provide psychological assessment and arrange face-to-face or online counseling if necessary

Emergency Case

- Respondent team and the Clinical Psychologist will arrange visits to the crew in distress and their dependents to provide psychological assessment and counseling

Thematic Workshops

- Regular sharing sessions and mental health workshops lead by the Clinical Psychologist
- Seafarers may know more about themselves by thematic workshops such as Enneagram

Mental Health Cooperation

- Shipping companies and other organizations may refer any seafarer in need to the Clinical Psychologist
- Deliver mental well-being briefings or training for seafarers and crew departments

Contact Us:

Email: crew_care@mnoghk.org

WhatsApp/ WeChat: +852 6507 4866



Scan it in WeChat

Clinical Psychologist: Dr Joseph Lam

- Principal of Professional School of Enneagram
- Doctor of Psychology (Clinical PsyD.) by AIU
- Master of Arts (Clinical Psychology) by AIU
- Master of Counseling by Australia
- IEA (USA) Accredited Enneagram Trainer



香港國際海員服務中心
HONG KONG INTERNATIONAL SEAFARER SERVICES CENTRE



Merchant Navy Officers Guild - HK
香港商船高級船員協會



香港航海海員合併工會
AMALGAMATED UNION OF SEAFARERS, H.K.

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海員心理支援



目標

透過與臨床心理學家合作，為本地及國際海員提供心理支援服務，紓緩他們在工作期間或遇上緊急情況時的情緒及壓力問題，並促進他們的精神健康

服務範圍

個人輔導

- 海員可透過網上社交平台傾訴心聲或憂慮
- 有需要個案將安排與臨床心理學家作心理評估，需要時安排面對面輔導或視像通話

緊急個案

- 遇上緊急情況，計劃小隊及臨床心理學家可安排探訪海員及其家人提供初步心理評估及輔導

主題工作坊

- 由臨床心理學家帶領分享會及舉行精神健康工作坊
- 主題工作坊包括九型人格等，讓海員更認識自己

推廣精神健康

- 船公司或其他機構可轉介個案向臨床心理學家求助
- 向海員和船公司海員部推行有關精神健康講座或培訓

聯絡我們

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微信掃一掃

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Seafarers' Psychological Support

海员心理支援



目标

透过与临床心理学家合作，为本地及国际海员提供心理支援服务，纾缓他们在工作期间或遇上紧急情况时的情绪及压力问题，并促进他们的精神健康

服务范围

个人辅导

- 海员可透过网上社交平台倾诉心声或忧虑
- 有需要个案将安排与临床心理学家作心理评估，需要时安排面对面辅导或视像通话

紧急个案

- 遇上紧急情况，计划小队及临床心理学家可安排探访海员及其家人提供初步心理评估及辅导

主题工作坊

- 由临床心理学家带领分享会及举行精神健康工作坊
- 主题工作坊包括九型人格等，让海员更认识自己

推广精神健康

- 船公司或其他机构可转介个案向临床心理学家求助
- 向海员和船公司海员部推行有关精神健康讲座或培训

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