



Because work should give us satisfaction and income.
Not aches, pains, or trips to the ER.

Lines of Support: Tackling Stress at Sea

Hooking fishermen up with resources to
help net the benefits of mental health

Amanda Roome, Julie Sorensen, Monique Coombs, Kimberly
Gertz, John Huber



The Commercial Fishing Industry (Northeastern United States)

- Small businesses
- One man operations
- Small crew operations



A Dangerous Industry



 **Fishermen 38X
more likely to die on
the job than the
average worker***

*BLS. 2020. National Census of Fatal Occ Injuries.

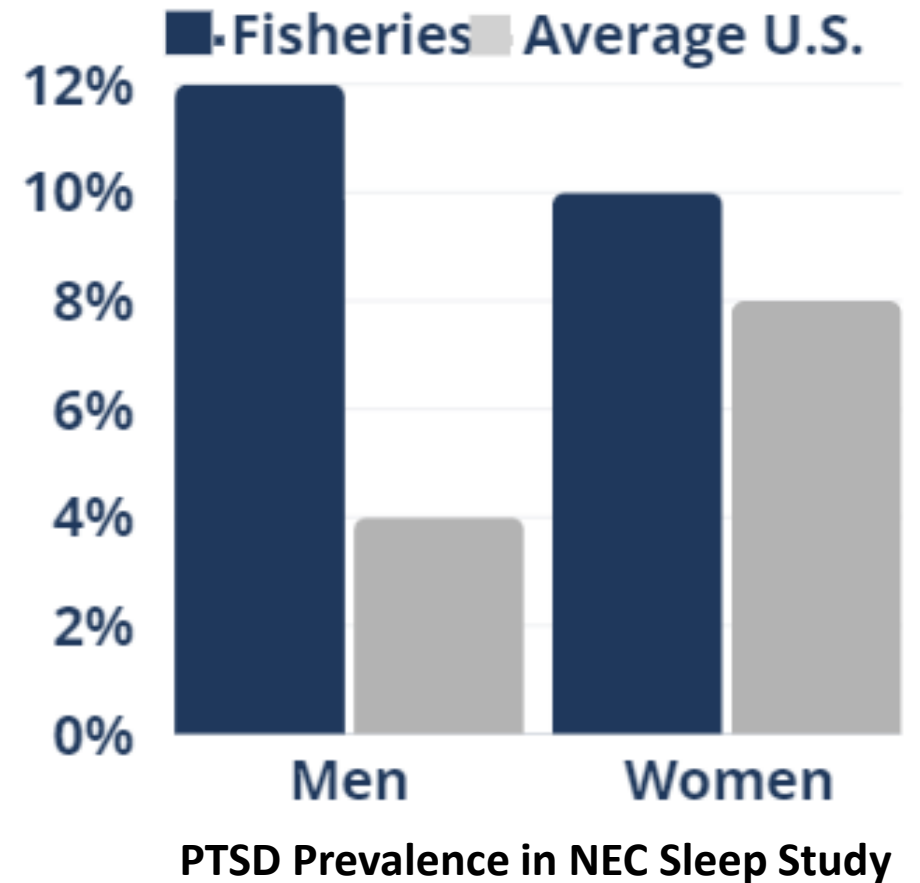
Common Hazards & Stressors for Commercial Fishermen

- Falls overboard
- Vessel disasters
- Machinery on deck
- Slips/trips/falls
- On-shore injuries
- Financial stressors
- Regulation
- Trauma
- Depression/anxiety
- Social isolation
- Moral injury
- Solastolia & grief



Mental Health in Commercial Fishing

- This industry has one of the highest suicide rates in the US with an average of 80 deaths per 100,000 fishermen.
- Post Traumatic Stress Disorder (PTSD) rates in male fishermen (12%) in a recent NEC study were found to be three times higher than the national average for men (4%).



Accessibility of Mental Healthcare

- Barriers to access
 - Time
 - Weather
 - Office hours
 - Advanced booking
 - Cultural competency
 - **STIGMA**



The Man Therapy Project



WELCOME TO

MAN THERAPY

As it turns out, there are worse feelings than being
kicked in the giblets.

Local Vernacular

- Taking on water
- Sunk on bottom
- Tear up the boat
- On the beach
- Broke down
- Needs a town
- Hung down
- Put the boat on the mooring/hook
- Past the Cod Ledges
- Down on Jeffries
- Rope in the wheel
- Steaming (home/out)
- Hydraulics
- Zincs
- Davit
- Hauler
- Wheel
- On deck
- In the wheelhouse
- Covered in fiberglass
- Oilskins
- Bait iron
- Bait poisoning
- Shifting gear
- Throttle
- Break off the mooring
- Lazaret
- Shedders
- Bait
- Pogies
- Alewives
- Groundfish
- Inshore
- Offshore
- Three-mile line
- Zones (A-G)
- Set over
- Gang of gear
- Trawls
- Strings
- VTR
- VMS
- Reporting
- Nets
- Purse seine
- Splice
- Heads
- Gillnet
- Hauling
- Drag
- Traps
- Hoops
- Trap Rings
- Hog rings
- Float rope
- Sink rope
- Owner-operator
- MOB

The Campaign

GET THAT

MIND
of yours
RUNNING
ON **FLAT ASS** THE
CALM

THERAPY THE WAY A FISHERMAN DOES IT
MAN THERAPY.ORG

LEARN MORE HERE



THERAPY THE WAY A FISHERMAN DOES IT
MAN THERAPY.ORG

THE OCEAN
keeps you
MOSTLY
SANE

MAN THERAPY
can ————— *help*

WITH THE REST



DON'T LET

YOUR BRAIN
— BE THE —
ONLY
EQUIPMENT

YOU DON'T
MAINTAIN

THERAPY THE WAY A FISHERMAN DOES IT
MAN THERAPY.ORG

LEARN MORE HERE



The Campaign

THERAPY WON'T

BRING HOME
MORE
FISH

but at
LEAST

you will
BRING
HOME

LESS BAGGAGE

THERAPY THE WAY A FISHERMAN DOES IT
MANTHERAPY.ORG

LEARN MORE HERE

GIVE YOUR BRAIN

AS  **MUCH**

ATTENTION

AS YOU **GIVE YOUR**
DINGHY

THERAPY THE WAY A FISHERMAN DOES IT
MANTHERAPY.ORG

LEARN MORE HERE

If you can take on the

UNFORGIVING
*** NORTH ATLANTIC ***



you can take on what's

*** NORTH OF ***
YOUR NECK

THERAPY THE WAY A FISHERMAN DOES IT
MANTHERAPY.ORG

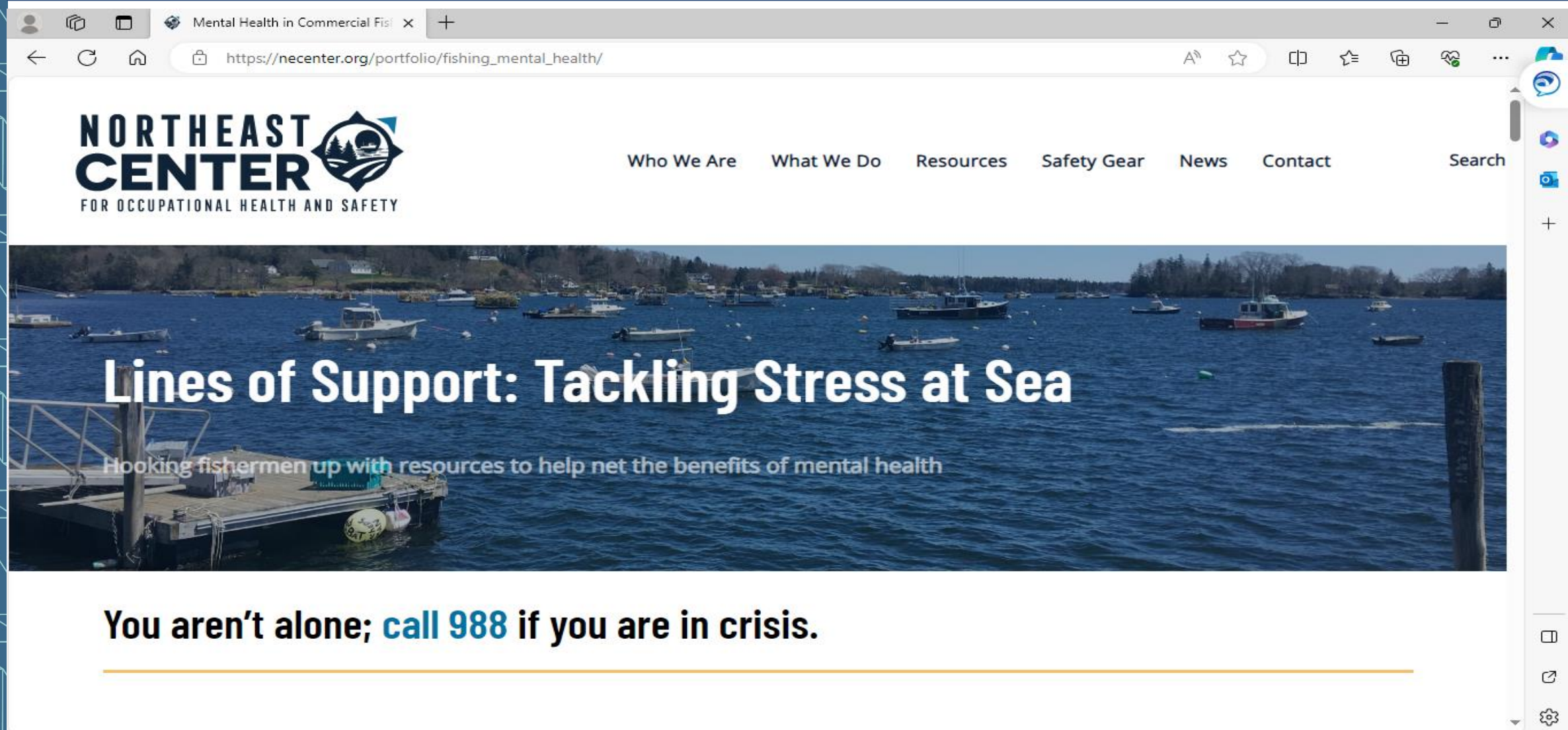
LEARN MORE HERE

Outreach & Education

- Website development
 - Resources for fishermen
 - Resources for fishing families
 - Resources for organizations working with fishermen



The Website



Resources

Coastal states in the NEC region

- Fishery specific mental health resources
- General mental health resources

State Specific Resources

▾ Connecticut Resources

▾ Delaware Resources

▴ Maine Resources



Fisheries Specific Resources

Maine Coast Fishermen's Association

The Maine Coast Fishermen's Association works to enhance the sustainability of Maine's fisheries by advocating for the needs of community-based fishermen and the environmental restoration of the Gulf of Maine.

Maine Seacoast Mission

Rooted in a history of compassionate service and mutual trust, the Mission seeks to strengthen coastal and island communities by educating youth, supporting families, and promoting good health.

Shaw Fund for Mariners' Children

The Shaw fund is a private foundation is dedicated to supporting New England fishermen and others who work at sea. They provide financial assistance and resource and referral services to mariner families residing in Massachusetts, Maine and New Hampshire for over 150 years.

Behavioral Health Resources of Maine

Serving the psychiatric, mental health, and substance dependence treatment needs of Mariners.

General Mental Health

Maine Crisis Line: 1-888-568-1112

Call or text support for individuals or families experiencing a behavioral health crisis or having thoughts of suicide and/or self-harm. Free, confidential, 24/7 support for anyone needing support.

NAMI Maine

Through support, education, and advocacy, NAMI Maine is dedicated to **building better lives** for the 1 in 4 Mainers who are affected by mental illness.

Oasis

If you need to apply for Medicaid, you can reach out to Oasis (207-721-9277). They offer free healthcare and mental health services in the interim period while the application process is happening

▾ Maryland Resources

Resources

A recent NEC study shows that PTSD rates in commercial fishermen are

3X

higher than the national average for men.

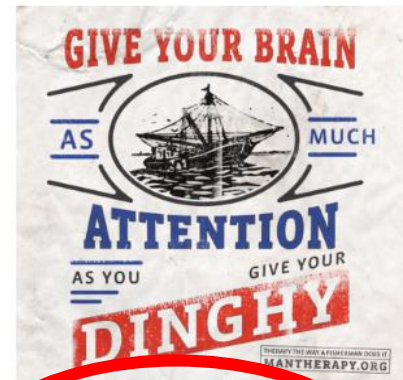


How can I prevent trauma from becoming PTSD?

The commercial fishing industry has one of the highest suicide rates in the country, over

10X

higher than the national average for men.



How can I help someone in crisis?

What Do I do if I'm in crisis?

Website Use

- **Views:** 397
- **Users:** 115
- **Views per user:** 3.45
- **Average engagement time:** 3m 07s



Parting Thoughts

- Simple presentation of materials, as it can be a daunting task when you're seeking help for someone, or yourself.
- Working on destigmatizing help seeking behaviors.
- Using local language and metaphors to make relatable and relevant messages.
- Steps in the right direction to address the critical gap in mental health resources for commercial fishermen, but more needs to be done.

