

Devon and Severn IFCA News

Mental Health in the Commercial Fishing Industry

You are invited to take part in a research study looking to understand mental health and mental wellbeing in the commercial fishing industry.

D&S IFCA is helping to inform commercial fishers about a study funded by the University of Exeter and the Seafarers' Charity.



What is the aim of this research?

Fishermen in England currently face many challenges such as financial worries, environmental change, and regulatory changes. These factors are expected to act as stressors for fishermen and may be having negative consequences on their mental health and wellbeing. This survey aims to better understand the mental health of commercial fishermen in England.

This information will help the project to make recommendations to government and other organisations about how to support coastal communities.

Who can take part?

This survey is for all commercial fishermen in England, not just those with mental health concerns. The researchers would like you to take part if you are happy and healthy and/or if you have mental health concerns.

How to take part?

1. Complete the survey online yourself (about 10 minutes) by clicking this [link](#).

Or access by scanning this QR code:



2. Send an email to Skylar Collins (sc1286@exeter.ac.uk) to arrange a time for the researchers to either call you or send you a paper copy.

Please note that D&S IFCA is helping to support this work by circulating the information about the study and the survey; however, D&S IFCA will not manage any data collected in the survey.

Prize Draw

- If you participate in this survey, there is the option to be entered into a prize draw for £200.

Other Information & Support Contacts

In this survey, the terms “fishermen” are used to encompass both male and female fishermen. This term was chosen as it was preferred by the male and female fishermen who were consulted in the development of this survey.

For mental health support:

Text the word FISH to 85258 for free, confidential support at any time of day or night.

Call the Samaritans 116 123.

Search “Togetherall” for free, online mental health support for fishermen and their families.

For finance and welfare support:

Contact the Fishermen’s Mission on 0800 6431020

Call SAIL on 0800 1601842 for UK-wide Citizens Advice service for seafarers and their families.

Call the Seafarers Hospital Society on 020 8858 3696