MARITIME TRAINER

MTR INFORMATICS, TRAINING AND CONSULTANCY INC.

Completion Dale: 10/10/2026

Validity: 5 Years

Certificate of Attendance

This is to certify that

Mehmet Ali Atabey

has successfully completed the course

REMS003 - Mental Health Awareness & Psychological First Aid for Seafarers

Course Content

- ✓ Recognizing Symptoms that may turn into a Mental Health Crisis
- ✓ Use of skills required for Mental Health
- ✓ Physical Signs
- ✓ Body Language
- ✓ Psychological First Aid and Stages
- ✓ Correct Intervention Methods
- ✓ Situations that can Lead to Stress
- ✓ Contents of Psychological First Aid
- ✓ Warning Signs of Suicide
- ✓ Assessment Process

References

- ➢ Guidelines to shipping companies on mental health awareness
- ➢ SIRE 2.0 - Human Factor & Mental Health
- ➢ TMSA 3 Element 2 (4.3), 3 (4.3), 14
- ➢ RightShip RISQ 15.10 / 15.12
- ➢ DryBMS

RIGHTSHIP ZERO HARM INNOVATION PARTNERS 2026

CERTIFIED MARITIME TRAINING INSTITUTE BUREAU VERITAS

CERTIFIED SIMULATOR CENTER BUREAU VERITAS

Capt. Ozgur Alemdag

President of Maritime Trainer

Validate your certificate by visiting this link: https://mycourse.app/g2l26O7G9e3LqZMHg

Our range of services are reflected in the comprehensive scope of our maritime training institute accreditation by Bureau Veritas.