



MTR INFORMATICS, TRAINING
AND CONSULTANCY INC.

Certificate of Attendance

This is to certify that

Ebenezer Kobina Quaidoo

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

Capt. Ozgur Alemdag

President of Maritime Trainer

Validate your certificate by visiting this link: <https://mycourse.app/x5zOaJ6KVporL3aia>

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

Completion Date: 12/10/2026

Validity: 5 Years



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