

# WATCH: Talking Crew Mental Health With Seas The Mind

For yacht crew who may not know, [SEAS THE MIND](#) is dedicated to creating mentally healthy and resilient yacht crew through Mental Health First Aid training. Following on from previous discussion with Founder, Emma Ross regarding [‘making mental health a global priority for all’](#), we spoke to both Emma and colleague, Liezl Mason, about crew mental health on board, symptoms to look out for in yourself and crew mates and where to go for help.

**Watch The Full Video Here:**

---

For the latest Superyacht Content news, [click here.](#)