

# OEUK HSE Conference 2026

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# TRUST

# You CAN save a Life

Offshore workers are significantly more likely to experience suicidal thoughts and other mental health issues compared to their onshore counterparts.

40% experienced suicidal thoughts some or all of the time while on duty

Nearly 1/3 met the benchmark for clinical depression while on rotation

More than 1/3 experienced a worse quality of sleep

Offshore workers are 15 times more likely to suicide than those onshore

# TRANSPARENCY - Mental Health Crisis Point



**Dave:** “Leave me alone -  
don’t come near me  
or I’ll jump!”

**What CAN you do?**

# TRUST & TRANSPARENCY - management options



**Legislative requirements**



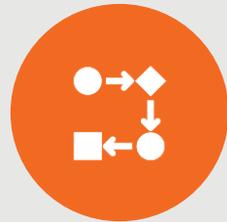
**Resources**



**Policy**



**Practicalities**



**Procedure**



**Onshore support**

# TRANSPARENCY - offshore resources gap



**(Applied Suicide Intervention Skills Training)**

# TRANSITION mitigate/manage risk

## ASIST training for offshore personnel

### Who is ASIST for:

- Anyone aged 16+ who may encounter situations involving suicide risk in their work or personal life.
- Whilst applicable across all parts of life and industries, we are pioneering training for the energy sector.

### Why is ASIST training important offshore?

It plugs the gap where OIMs do not have suicide intervention skills; trained personnel can competently engage with a person suffering a mental health related crisis (either threatening suicide, self-harm, harm to others or the ongoing safety of the asset) as onshore support could be several hours away (imagine worst case scenarios such as fog and no one can fly in or out).

**ASIST gives OIMs the reassurance and confidence of having the 'right tools in their toolbox' to deal with incidents appropriately for the best outcome**

# TRANSITION



So, what will YOU do for Dave?



Do you have  
a plan?



Where are  
the gaps?



What needs to be  
put in place **now**?

# What can companies do to mitigate/manage risk

Policy and procedure gap analysis, development and testing

ASIST training for offshore personnel

Crisis Intervention Communication Skills (CICS) for offshore personnel

Facilitate table-top exercise for range of mental health scenarios

Develop, facilitate and report on full-scale mental health scenario based emergency response exercise (with/without Police negotiators)

# Learn more



Applied Suicide Intervention Skills Training  
Courses in 2026:

**26 - 27 March**

**9 – 10 April**

**7 - 8 May**

**25 - 26 June**

**27 - 28 August**

**29 - 30 October**

**3 - 4 December**

Scan QR code  
to learn more and  
sign up to courses



# Thank you

for your attention

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