

Halcyon Health Network, Inc. Launches Free Mental Wellbeing Field Guide for Seafarers in High-Risk Waters

MAKATI CITY, Philippines, May 08, 2026. Filipino seafarers transiting increasingly volatile waters in the Middle East and other global hotspots now have access to a free, field-ready mental wellbeing resource designed specifically for crisis conditions at sea.

Halcyon Health Network, Inc., a Philippine-based maritime healthcare company with twenty years of service to the seafaring community, recently announced the official release of the first part of its BrainHealth Wellbeing Field Guide series, titled **Crisis Conditions at Sea**.

The Guide is available at no cost, downloadable from [Wellbeing Field Guide Site](#) or by scanning the QR code on any BrainHealth communication.

In recent months, seafarers navigating regions affected by geopolitical instability, particularly in parts of the Middle East, have faced increasing uncertainty, prolonged stress exposure, and heightened operational demands. These conditions place significant strain not only on physical safety but also on cognitive clarity and emotional stability. The Wellbeing Field Guide responds directly to this reality.

"Every shipping company, manning agency, and maritime training school in the Philippines has a stake in the mental wellbeing of our seafarers. We are making this Field Guide available at no cost because crew resilience is not a competitive advantage to guard," said Glenda E. Canlas, MD, President & CEO of Arla Jolla Holdings, Inc. *"It is a shared responsibility. We invite the entire industry to distribute it, discuss it, and build on it."*

From Crisis Response to Long-Term Wellbeing

While the Wellbeing Field Guide is designed for immediate, in-the-moment support during periods of acute stress, it also forms part of a broader mental wellbeing ecosystem developed by BrainHealth.

Complementing the Field Guide is the **Wellbeing Atlas**, a structured, long-term resource that supports sustained mental fitness, recovery, and growth over the course of a seafarer's career. Where the Field Guide provides rapid-response tools for crisis conditions, the Wellbeing Atlas is designed to help individuals and organizations build enduring resilience through guided reflection and activities.

Together, these resources reflect BrainHealth's short-term and long-term approach: equipping seafarers to navigate immediate challenges at sea while building sustained mental wellbeing over time.

A Response Built with Maritime Experience

The Wellbeing Field Guide is developed by BrainHealth, a mental wellbeing initiative of Halcyon Health Network, Inc. The resource is intended for Filipino and international seafarers alike and is designed to be shared freely with crews on board, by shipping companies with their pools, and by manning agencies with their deployed personnel.

Access the Guide

The **Wellbeing Field Guide: Crisis Conditions at Sea** is available at no cost as a digital download from [Wellbeing Field Guide Site](#). For media inquiries, interview requests, review copies, or a customized briefing, please contact BrainHealth at hello@brainhealth.ph or 0949 885 8705 .

Disclaimer

The Wellbeing Field Guide is a self-care resource intended to support mental wellbeing in working environments. It is not a substitute for professional medical, psychological, or clinical advice, diagnosis, or treatment. Seafarers experiencing persistent or severe distress should contact their vessel's medical officer, master, or a qualified mental health professional. International support is available through the ISWAN SeafarerHelp line at +44 20 7323 2737.

About Halcyon Health Network, Inc.

Halcyon Health Network, Inc. is a Philippine-based maritime healthcare company established in 2006. With twenty years of service to the seafaring community, the company specializes in Pre-Employment Medical Examinations (PEME) for seafarers, meeting the medical clearance requirements of shipping companies and regulatory authorities internationally. Halcyon Health Network, Inc. operates BrainHealth, a mental wellbeing initiative supporting seafarers and organizations across the globe.

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Scan to access the
Wellbeing Field Guide



[or click here](#)

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