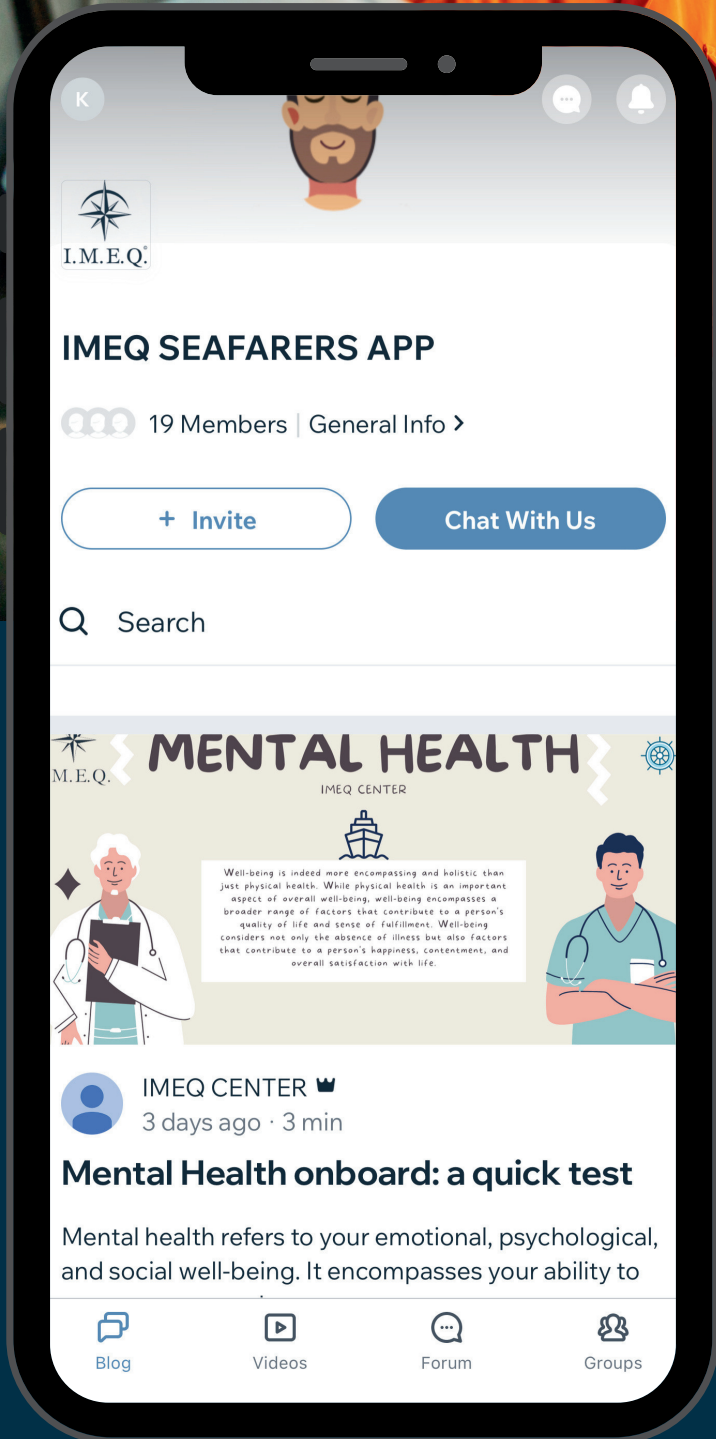


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I.M.E.Q.[®]

INNOVATIVE MARITIME
EMOTIONAL INTELLIGENCE CENTER



Support Your Crew's Mental Health

Empowering Seafarers with
the Resources They Need to
Thrive

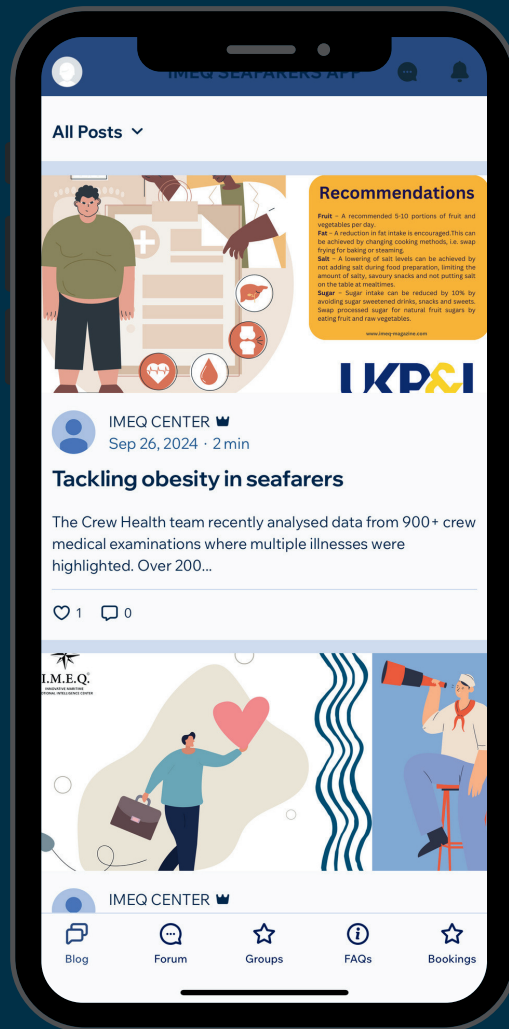
Sailing Through Challenges? Let the IMEQ Seafarers App Guide You

The IMEQ Seafarers App is a free, easy-to-use mental health and well-being resource designed specifically for seafarers. Accessible anytime, anywhere, this app aims to support seafarers in maintaining their mental resilience and overall well-being while at sea

Mental Health

Physical Health

Social and
Wellness
Guidance



Group Forums

Group Chats

Chat with Experts



Content and
Resources from well-
being experts





Second Engineer

As a Second Engineer, long days and high stress come with the job. The IMEQ Seafarers App has been a real lifesaver. The quick exercises and tips help me clear my head, and the self-checks are great for keeping track of how I'm feeling. It's good to have something made just for seafarers. I'd recommend it to any of my crew who want to stay on top of their mental health.



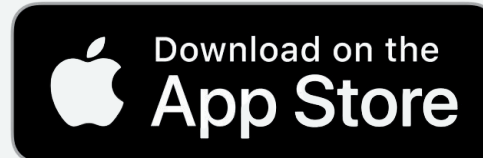
Overall Health



Family Topics



Medical Advise



Main Features



Mental Health



Fitness



Nutrition



Spirituality





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