



International  
Transport Workers'  
Federation



## ITF & SMGG-at-the-IMC

Present

### A Maritime Industry Stakeholder Knowledge and Advocacy Reception *International Seafarer Mental Health & Wellbeing*

May 20, 2026

4-7 PM

International Maritime Center

Berth 40 Port of Oakland | 4001 7th St, Oakland, CA 94607

**4 pm - Registration, Refreshments and Reception**

**5:30 Presentation - Dr. Syed Asif Altaf Chowdhury, ITF Global Wellbeing Coordinator**

The ITF and SMGG-at-the-IMC welcome Dr. Syed Asif Altaf Chowdhury, the ITF's Global Wellbeing Coordinator, to the San Francisco Bay Area. Dr. Altaf's compelling presentation describes the unique mental health challenges seafarers face, what is being done globally and what industry stakeholders and welfare organizations can do locally to address this growing issue of seafarer mental health.

Dr. Asif, based in London, travels the world hosting trainings on the ITF's rapidly expanding wellbeing program, from signing landmark [agreements](#) with the governments of the [Philippines](#) and [Indonesia](#), training alongside ITF affiliate unions in each country, to training

trainers from 10 maritime universities across seven [Black Sea](#) countries.

This presentation is a part of the ITF West Coast USA's Week of Solidarity with Seafarers and SMGG-at-the-IMC's 80<sup>th</sup> Anniversary special events.

The Event is Free, but please register [here](#) to help us make arrangements.

For more information on other ITF events and ways to connect, contact Sam Levens, ITF Inspector Northern California: [Levens\\_Sam@ITF.ORG.UK](mailto:Levens_Sam@ITF.ORG.UK)

Visit the SMGG-at-the-IMC website for more information: [smgg.org](http://smgg.org)

