International PSPs: A European Perspective

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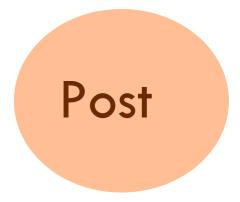




Pilot Mental Health









32 countries5 core regulations

European Pilot Peer Support Initiative www.eppsi.eu









Peer Support Programmes What we have learnt so far

EASA, CAA ,12 AOCs & 12 months later...



- Long overdue
- Board level attention
- PMH both risk & opportunity
- A moral & commercial case
- Unanimous support for PSP

EASA, CAA ,12 AOCs & 12 months later...

? Questions

- In-house vs Independent IHO
- Company specific vs. network
- Governance, compliance & assurance
- Utilisation & ROI
- Union engagement
- Cabin Crew; Engineers..?

Peer Support Programmes



Our Lessons

- Highly motivated (& capable) volunteers
- Renewed focus & commitment
- The benefits of greenfield developments
- A systemic approach
- And pilots use the internet first...



A collaborative project dedicated to pilot mental well being and resilience



Practical Resources



Psychological Expertise



Collaboration with Pilots

A-Z COVERAGE



Ageing	Loneliness	Relationships III (Parenting)
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Alcohol	Moods	Retirement
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Anxiety	OCD	Returning to work atter illness
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A C I	Panic Attacks	Returning to work after suspension
Aspergers Syndrome	Panic Attacks	RETURNING TO WORK ATTER SUSPENSION
Asperders Symulome	i dilic Alfacks	Reforming to work difer 303pen3ion
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Bereavements	Performance Anxiety	Sexuality
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Bipolar Mood Disorder	Personality	SIMSs and Line Checks
Dipolal Moda Disolaci	i Ci jolialii j	Olivios and Ellic Checks

Command	Phobias	Substances (incl. tobacco
Commission	1 110 10 1010	

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Conflict	Physical Illness	Surviving and thriving in your AOC
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Depression Post Incident Reactions Suspension from v
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Disabilities	Psychiatric medications	Trainina I (Becomina a Pilot)
Disabilities	i sycilianic medicanons	

Divorce	Psychological Resilience	Training II (On the line)
DIVOICE	i sychological Resilience	

Eatiana	PTSD	Training III (Changing Fleets)
Fatigue	risb	rraining in (Changing rieers)

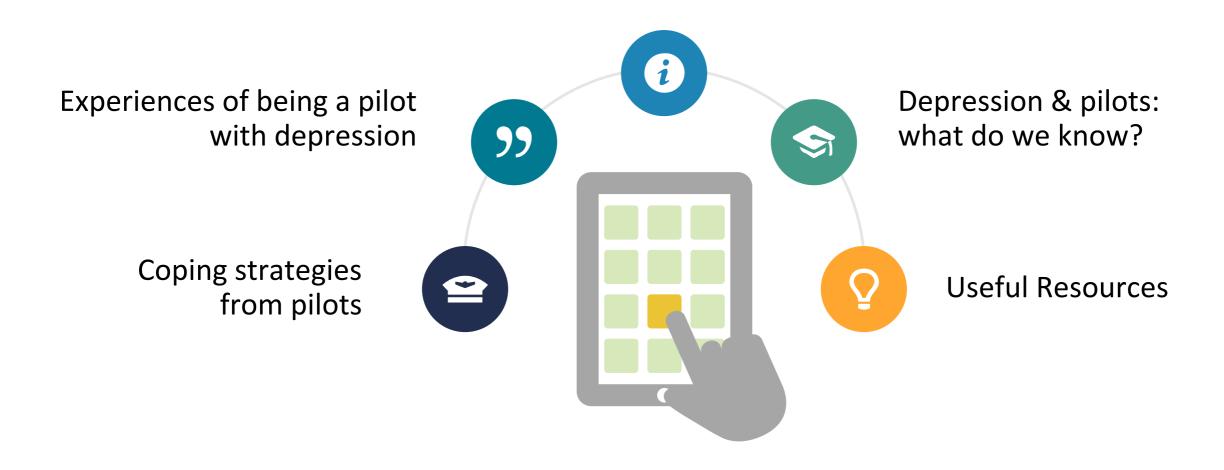
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Finances	Race/Ethnicity	Trainina IV (Command)
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Gender	Relationships I (Colleagues)	Tribunals

DEPRESSION



General description





What the future holds
The next 2-3 years



Key challenges to resolve

- Consistent, clear regulation and application
- Professional competence and capacity
- Reviewing and refreshing existing PSP offers
- Developing new and best practices (e.g. assessment)
- Articulating the ROI proposition

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