

MENTAL HEALTH AND WELLBEING IN AVIATION 2019



EXPERT CARE, **EVERYWHERE.**

Does your safety
training include the
topic of Mental
Health and
Wellbeing?

WHAT DO YOU DO?

PHYSICAL FITNESS



MENTAL HEALTH





**HOW MANY CALLS FROM CREW DO
YOU THINK MEDAIRE RECEIVED IN THE
LAST 6 MONTHS THAT WERE SEEKING
HELP BECAUSE OF A MENTAL ISSUE
WHILE ON DUTY AND AWAY FROM
HOME?**

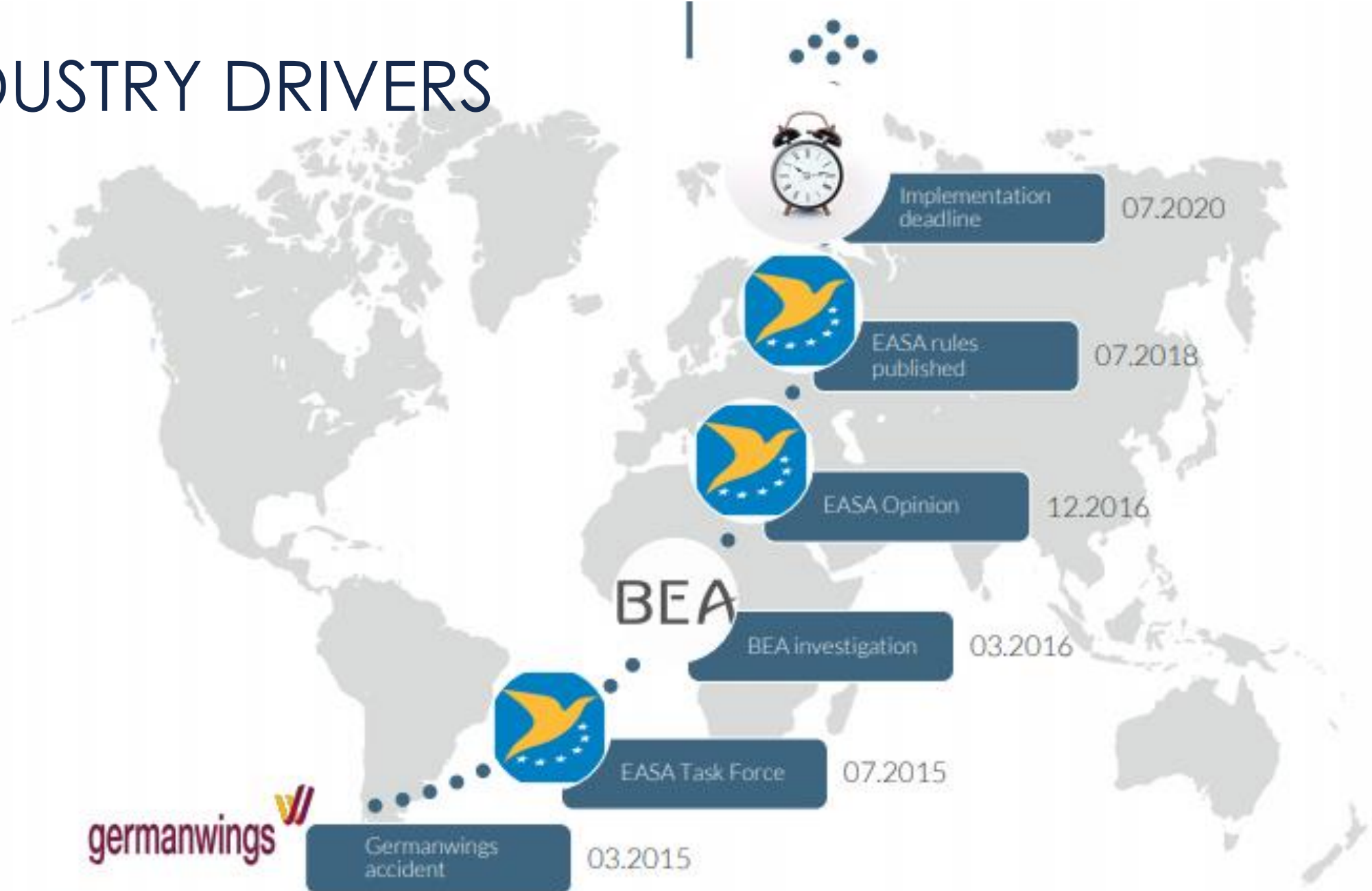
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SAFETY OF FLIGHT

- ▶ What do you think of when you hear “Mental Health In Aviation”?
- ▶ Unique environment / workplace - unique position (safety sensitive)



INDUSTRY DRIVERS



TRIGGERS IMPACTING EMPLOYEE WELLBEING

NORMAL

- Stress
- Work Overload
- Harassment
- Bullying
- Substance use
- Loss of control
- Isolation
- Depression
- Anxiety

MOBILITY-RELATED

- Poor sleep and diet
- Lack of support network
- Separation from loved ones
- Culture clash
- Work overload
- Monotony/boredom

CRISIS-RELATED

- Conflict or violence
- Colleague death
- Accident
- Incident at home
- Severe weather

APPROACH TO CREW SUPPORT

Emotional
Support



Practical
Support



Physical
Support



EXPERT CARE, **EVERYWHERE.**

MENTAL HEALTH AND WELLBEING CONTINUUM OF CARE



Does your program cover Mental Health?
Does your crew have access 24/7 – globally?



YOUR TRAINING SHOULD INCLUDE



EXPERT CARE, **EVERYWHERE.**

MedAire
An International SOS Company

BEGIN WITH THE BASICS

- ▶ Include awareness training – crew should recognize the triggers. (use data)
- ▶ Include resources for the crew in the training (your provider numbers)
- ▶ Review Safety Event Reports to track trends and adjust training as needed.
- ▶ Teach some basic techniques

PSYCHOLOGICAL FIRST AID (PFA)

The Eight Core Actions of Psychological First Aid:

1. Contact and engagement
2. Safety and comfort
3. Stabilization
4. Information gathering
5. Practical assistance
6. Connection with social supports
7. Information on coping
8. Linkage with collaborative services





QUESTION?

THANK YOU!