

International PSPs: A European Perspective

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Pilot PSP
Network

PROJECT ✈️
WAYPOINT

Pilot Mental Health

Pre-



Post



32 countries
5 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...



Our Observations

- 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...

PROJECT ✈️ WAYPOINT

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)
Alcohol	Moods	Retirement
Anxiety	OCD	Returning to work after illness
Aspergers Syndrome	Panic Attacks	Returning to work after suspension
Bereavements	Performance Anxiety	Sexuality
Bipolar Mood Disorder	Personality	SIMSs and Line Checks
Command	Phobias	Substances (incl. tobacco)
Conflict	Physical Illness	Surviving and thriving in your AOC
Depression	Post Incident Reactions	Suspension from work
Disabilities	Psychiatric medications	Training I (Becoming a Pilot)
Divorce	Psychological Resilience	Training II (On the line)
Fatigue	PTSD	Training III (Changing Fleets)
Finances	Race/Ethnicity	Training IV (Command)
Gender	Relationships I (Colleagues)	Tribunals
Line checks	Relationships II (Partner)	Wellbeing for pilots

General description

Experiences of being a pilot with depression

Coping strategies from pilots



Depression & pilots: what do we know?

Useful Resources



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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THANK YOU

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