



IFATCA CISM

IPPAC conference

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Presented by
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How?



If at first you don't succeed.. try doing it the way your wife told you •



“

I have to put my pride aside. I have to do what's right for me and focus on my mental health and not jeopardize my health and well-being. That's why I decided to take a step back.

Simone Biles





MENTAL HEALTH & WELLBEING STAKEHOLDERS

(ICAO, 2020)

Keeping Aviators mentally healthy



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ANSP LANDSCAPE:

Topic	Responses			
ANSP feedback	11			
Volunteers	11			
Support to all ops staff	6	3 incl management	1 incl RFF	1 planned to include ATSEPs
Managed by	3 by manager		6 by specialist	1 by non-dedicated specialist industry body 2
Refresher training	11		1 incl CISM for managers (periodic)	
Freq of training	Annually 9		1 every 6 months	1 annual peer meeting (other mental health topics trained)
Screening & selection	8 (interview by int/ext psyc)		1 interview + validated by manager – peer respect	
Funded	By ANSP 9		By industry 2	
Who facilitates training	Leading specialist 2		Internal psyc 3	External psyc 4
Trained in CISM	9			
Trained social stressor support & preventative	8			

PARAMOUNT TO CONSIDER:

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- Union and management support (managerial training & stressors e.g. ATNS)
 - Trust and confidentiality critical
 - Ongoing training / skills development of peers (salutogenic approach)
 - Consider language and cultural barriers
 - Building relationships take time (changes delay progress – 2 ANSPs)
 - Peer support to all staff – appears to be EAP related?
 - Internal knowledge and cooperation valuable...

A TRUE STORY



THANK YOU TO:

→ Canada

→ Switzerland

→ Czech Republic

→ New Zealand

→ South Africa

→ Germany

→ Malta

→ Hungary

→ Portugal

→ (Aus & Japan)

A DIFFERENT DEPARTURE...



- Mayday-SA (non-profit company)
- Peer support for industry
- Volunteers
- Pilots, ATC, Cabin Crew & Technicians
- Multiple (social) stressor support & critical incident support

Vielen Dank



**Vragen sind
willkommen**