

The background of the slide is an aerial photograph of a wing against a sunset sky. The wing is dark and silhouetted against the bright, orange and yellow light of the sun. The sky transitions from a pale blue at the top to a deep orange near the horizon. The wing is positioned in the upper right quadrant of the frame.

# BizAv Safety Conference

## Pilot Peer Support

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[www.centreforavationpsychology.com](http://www.centreforavationpsychology.com)

Cologne 29-30 Nov 2018



Founders: Prof Rob Bor & Aedrian Bekker



(see [www.speedbirdpan.com](http://www.speedbirdpan.com))



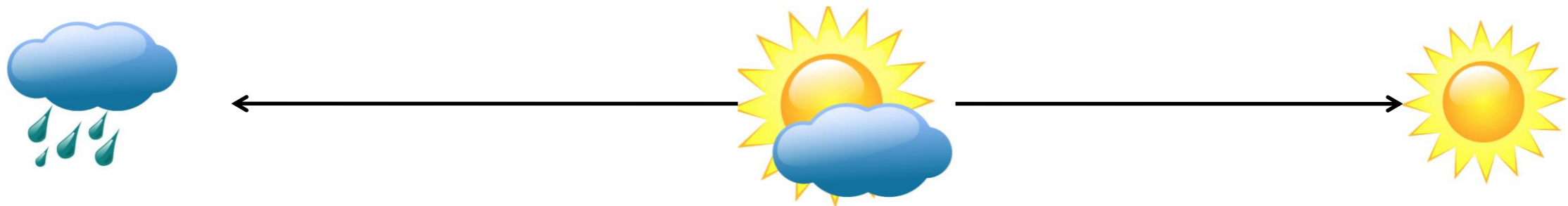
**Business Aviation PSP**  
[www.cappsp.com](http://www.cappsp.com)

# Pilot Mental Health



## Moving beyond Germanwings:

*(pilot) mental health & psychological wellbeing in the spotlight*



# Issues affecting Pilots in particular ways...

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

[www.projectwaypoint.com](http://www.projectwaypoint.com)





32 countries  
Core regulations

- Provision of confidential (& independent) support to pilots
- Psychological assessment of new entrant pilots
- D & A random testing
- AME related...

EASA published the AMC and GM last week following EC regulation in July 2018



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## **CAT.GEN.MPA.175 Endangering Safety**

- ‘The operator shall enable, facilitate and ensure access to a proactive and non-punitive support programme that will assist and support flight crew in recognising, coping with, and overcoming any problem which might negatively affect their ability to safely exercise the privileges of their licence. Such access shall be made available to all flight crew’.



## Pilot Peer Support Models


Union-led





## Business Aviation?





# Peer Support Programmes Observations

EASA, CAA, ICAO, ASMA 30+ AOCs & 30 months later...



## Our Observations

- Long overdue and welcomed
- Risk registers/ Board attention
- Liability vs. compliance vs. doing the right thing

EASA, CAA, ICAO, ASMA 30+ AOCs & 30 months later...



A special case for BizAv Operators?

- Size & economies of scales
- Company resources
- Remote & dispersed bases & assignments
- Diverse business, employment & profitability models
- Varied crew requirements & responsibilities
- Demanding rosters and lifestyles
- Cabin crew & engineers?

EASA, CAA, ICAO, ASMA 30+ AOCs & 30 months later...



## BizAv Operators to consider:

- Company specific vs. network vs. bought-in service
- Who is it for? Pilots? Engineers? Cabin crew?
- Peer selection, training & management
- User access & case management platform
- Clinical supervision & back up
- Confidentiality, escalation & governance
- Data protection & security





## Key Summary

- There is more to it than willing volunteers and a telephone number!

0-8-0-0-H-E-L-P





## European Business Aviation PSP?

- Sharing resources & costs
- Often share common pilot profile (e.g. multinational, remote, language, atypical contracts & rosters, culture)
- Common challenges (scale, costs, confidentiality)

# CAP<sup>✈</sup>

JOIN NOW

Peer Support Programme *for* business aviation

HOME

FAQ

ABOUT CAP

CONTACT

## Helping you meet your regulatory requirements

By 2020, all European AOCs are required to provide their pilots with access to peer support programmes.

## Launching mid 2019 with opportunities to JOIN NOW

Our programme is designed for business aviators, irrespective of location, size, aircraft type or business model.

## Managed by *the* world experts in pilot mental health

The Centre for Aviation Psychology offers the governance, resources and economies of scale typically enjoyed by larger AOCs.

[www.cappsp.com](http://www.cappsp.com)

# Pilot Assistance Network

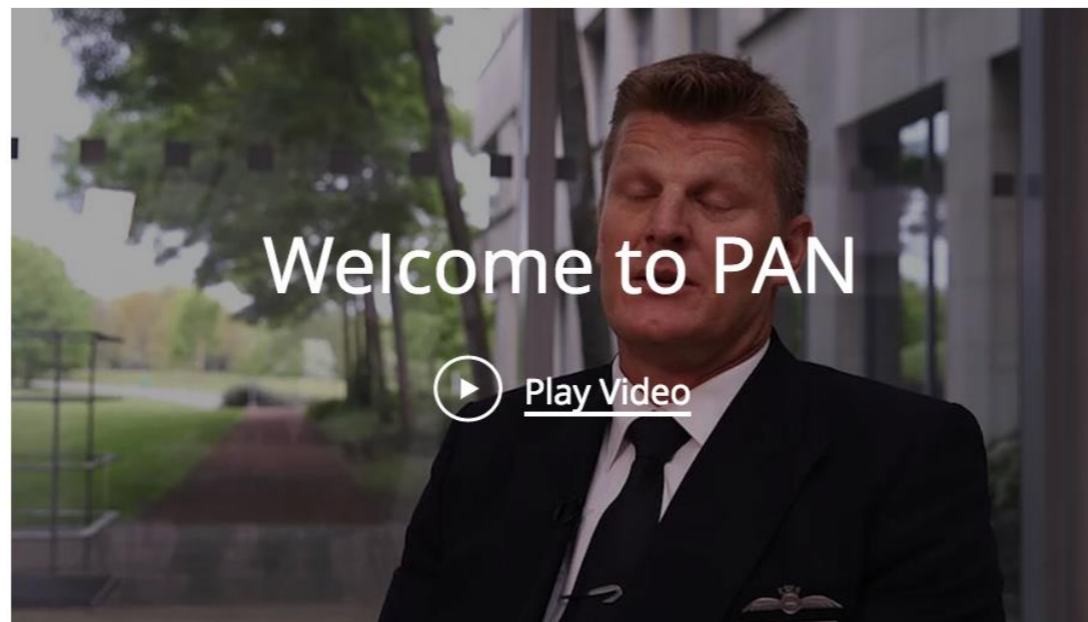
An independent, confidential service on behalf of British Airways



- Home
- Emergency?
- Talk to a Peer
- Questions & Answers
- Resources
- Contact Us
- Privacy

## The BA Pilot Assistance Network is here for you.

Trained, pilot volunteers supporting fellow flight crew members, colleagues and their families.



### What would you like to do?

#### Request a conversation.

Use this link to arrange to talk with a trained pilot volunteer.

[Request a conversation](#)



We are an independent, confidential service for British Airways pilots, their colleagues and their families.

#### EMERGENCY?

Please note: this website does not provide an emergency service.

For operational emergency: contact the Duty Flight Crew Manager.

For personal support: contact the Flight Crew Business Managers or the BALPA helpline.

#### BETA mode

This site is currently being tested and updated. Let us know if you see things we can improve.



A photograph of an airplane wing against a sunset sky over a body of water. The wing is on the right side of the frame, and the sun is low on the horizon, creating a warm, golden glow. The water below is dark with some ripples.

**Thank you**

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