

# MINDSAFE

A User-Centred Toolkit for Mental Health  
Management

François Brambati – 24/04/2024



# Why the MINDSAFE?

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By developing risk management promotion materials for aeromedical certificate holders, MESAFE aims to allow the early detection and self-management of mental health risk factors as well as to reduce the stigma associated with psychological discomfort and mental incapacitation, with the ultimate goal of creating a supportive environment where individuals feel comfortable seeking help and addressing their mental health needs.



# What is in the MINDSAFE?

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The toolkit consists in 2 chapters (5 sections) to raise awareness and promote (self-)awareness about mental health and safety. They reflect main findings from the MESAFE project and support the education about Mental Health in Aviation Safety.



# Who is it for?

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MINDSAFE is targeted to pilots and ATCOs.

Intended for individual use, it is not a replacement for professional advice.



# How to use the MINDSAFE?

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MINDSAFE derives from the work performed in the 2 years of the MESAFE project, and it is structured as follows:

- Well-being, Mental Health, and Safety
  - What are Mental Health and Well-being?
  - What are the major stigma and cultural biases towards mental discomfort and psychological help-seeking?
- Mental Health Issues and Help-seeking
  - Mental issues impact on safety
  - The self-care pitfalls
  - Help-seeking

Each chapter presents learning objectives, sections, and take-home messages.

Each section is composed of a preliminary quiz, theoretical explanation, exercise, action.



# How to use the MINDSAFE?

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MINDSAFE learning objectives:

- Well-being, Mental Health, and Safety
  - Provide the definition of mental health and well-being.
  - Identify effective actions that can be taken to promote well-being.
  - Describe the impact of the major cultural biases towards mental discomfort and psychological help-seeking.
- Mental Health Issues and Help-seeking
  - Describe the relationship between mental health and aviation safety from the point of view of pilots and air traffic controllers.
  - Identify the self-care pitfalls preventing actions to maintain mental health.
  - Identify the barriers preventing help-seeking.

Let's showcase  
some pages!



# MINDSAFE



## CHAPTER 1

### WELL-BEING, MENTAL HEALTH, AND SAFETY

#### Objectives

AT THE END OF THIS CHAPTER, YOU WILL BE ABLE TO:

- Provide the definition of mental health and well-being.
- Identify effective actions that can be taken to promote well-being.
- Describe the impact of the major cultural biases towards mental discomfort and psychological help-seeking.

#### SECTION 1.1 What are mental health and well-being?

#### PRELIMINARY QUIZ

BEFORE READING THE THEORETICAL EXPLANATION, PLEASE REPLY TO THIS SHORT QUIZ, INCLUDING 2 QUESTIONS. FOR EACH QUESTION, YOU HAVE THREE OPTIONAL ANSWERS: ONLY ONE IS CORRECT. PLEASE SELECT THE CORRECT ANSWER. THE CORRECT ANSWERS ARE AT PAGE 17.

##### WHAT IS MENTAL HEALTH?

- A The absence of mental disorders or disabilities.
- B A state of mental well-being, enabling people to live fulfilling and productive lives regardless of the presence or absence of any deficit.
- C Self-efficacy and effective stress coping.

##### WHAT ARE THE PILLARS OF OUR WELL-BEING?

- A Biological, psychological, social.
- B Emotional, intellectual, spiritual.
- C All the above.

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## CHAPTER 2

### MENTAL HEALTH ISSUES AND HELP-SEEKING

#### Objectives

AT THE END OF THIS CHAPTER, YOU WILL BE ABLE TO:

- Describe the relationship between mental health and aviation safety from the point of view of pilots and air traffic controllers.
- Identify the self-care pitfalls preventing actions to maintain mental health.
- Identify the barriers preventing help-seeking.

#### SECTION 2.1 Mental issues impact on safety

#### PRELIMINARY QUIZ

BEFORE READING THE THEORETICAL EXPLANATION, PLEASE REPLY TO THIS SHORT QUIZ, INCLUDING 2 QUESTIONS. FOR EACH QUESTION, YOU HAVE THREE OPTIONAL ANSWERS: ONLY ONE IS CORRECT. PLEASE SELECT THE CORRECT ANSWER. THE CORRECT ANSWERS ARE AT PAGE 17.

AN AIR TRAFFIC CONTROLLER IS DEALING WITH A RECENT PERSONAL LOSS AND HAS DIFFICULTY SLEEPING. THIS LACK OF SLEEP COULD:

- A Heighten her situational awareness during the flight.
- B Impair her judgment and reaction time.
- C Lead to a more relaxed approach to flying duties.

A PILOT IS HESITANT TO REPORT FEELING UNWELL DUE TO FEAR OF LOSING HIS JOB. THIS FEAR COULD:

- A Encourage him to seek help from a medical professional.
- B Motivate him to perform at their absolute best.
- C Lead him to hide his symptoms and potentially compromise safety.

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# MINDSAFE quiz

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Take your phone or computer and  
go to: [www.menti.com](https://www.menti.com)

Enter the code: 35 38 44 82



# Where can you find the MINDSAFE?

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EASA website, under the MESAFE project:

<https://www.easa.europa.eu/en/research-projects/mesafe-mental-health>





## CONTACTS

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