Peer Support & COVID-19 Perspective: Mental Health Professional

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About

Clinical Psychologists

Leaders in Aviation Mental Health (EPPSI & EAAP, etc)

Specialise in Peer Support Programmes

Our PSPs

15+ AOCs

± 20 000 pilots

11 languages

UK
Portugal
Ireland
Norway
Malta
Switzerland
Sweden
Denmark
Spain
Italy
France

Sectors

Large AOCs

Biz Av (+ Rotary Wing)
(www.bizavpsp.com)

'Smaller'/Charter AOCs
(www.cappsp.com)

Cabin crew, engineers, etc…?

Roles (& expectations) of MHPs

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Peer Support & COVID-19

Our observations

Employment uncertainty & insecurity

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Before I start…

Employment uncertainty & insecurity

Our observations

- Strong professional & community cohesion & informal support (e.g. WhatsApp)
- Need for information, clarity & just culture processes – loss of control of personal destiny
- 'Grounded time': both positive & negative
- Polarising of mental health needs
- PSP usage: increasingly more complex and pronounced cases

Employment loss and returning to work

Our observations

- More toxic and alienated industrial relations (safety implications…)
- Focus on survival; Plan Bs activated
- Survival guilt, working again and Sim angst…
- Communities fragmenting
- Individuals feeling increasingly alone & personal journeys of adjustment to new reality

Peer Support: Future Priorities

Regulation (EU) No 2018/1042

Its galvanising impact…

…and the impact of its extension

Other safety critical professions

Cabin crew, engineers, mechanics, ATOs, (redundant), etc?

Will require EASA leadership & regulation

Big impact for time & cost: good Return On Investment

Professionalising PSPs

AOCs & providers understanding responsibilities (& liabilities)

What does 'good' look like?

And how will that be measured?

Thank you!

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