



# IFATCA

## Mental wellbeing workgroup

26 SEPTEMBER 2024

“

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**

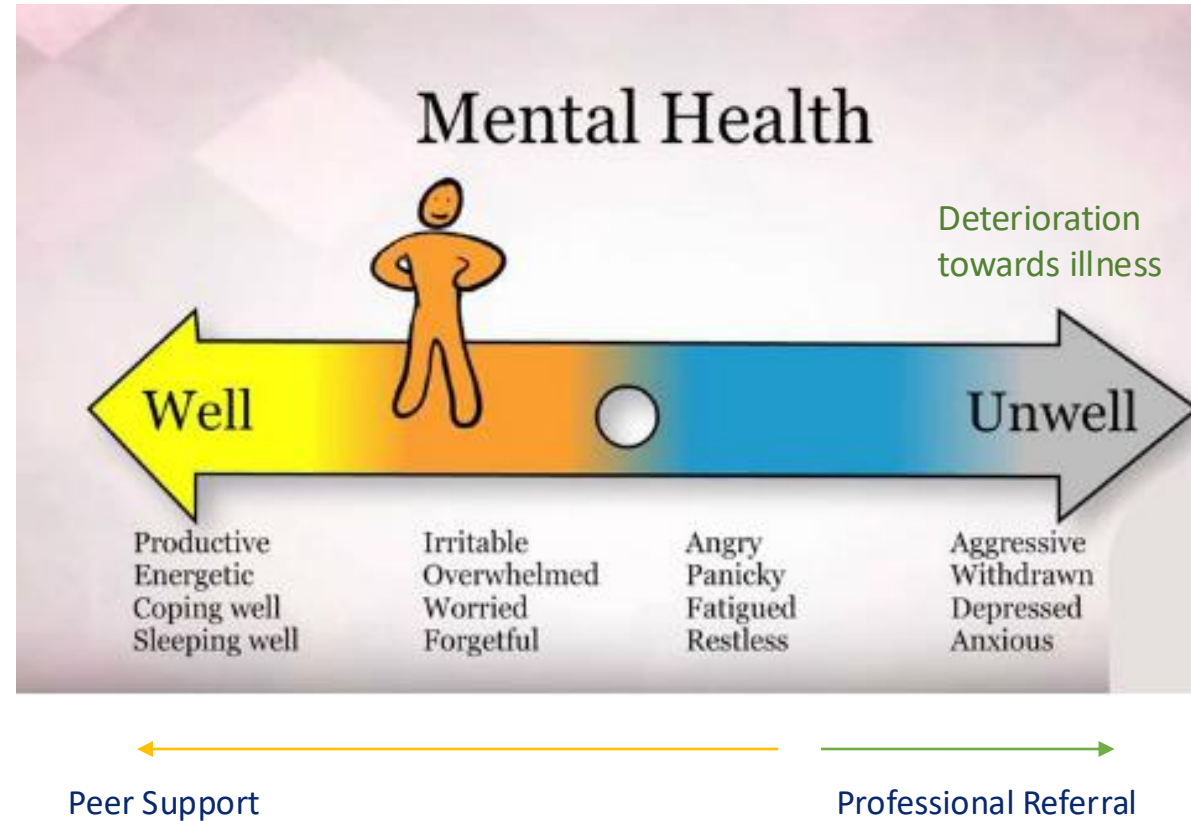




# MENTAL HEALTH & WELLBEING STAKEHOLDERS

(ICAO, 2020)

# Keeping Aviators mentally healthy



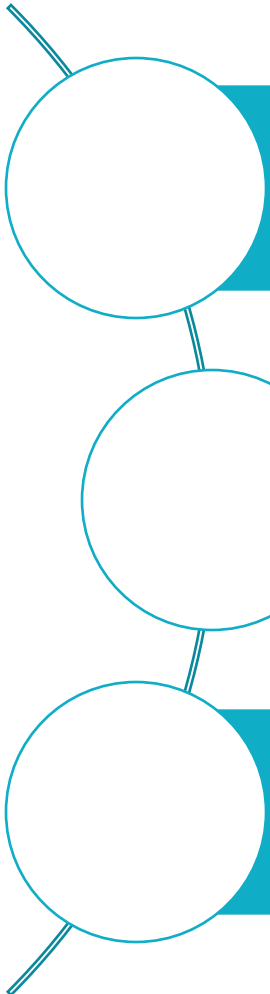
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SURVEY  
RESPONSES  
107 RESPONSES  
&  
72 COUNTRIES

ASIA PACIFIC	AFRICA	EUROPE
Japan	Ghana	Germany
India	Tanzania	Spain
Malaysia	Zimbabwe	Croatia
New Zealand	Togo	Czech Republic
Pakistan	Ghana	Sweden
Singapore	Uganda	Italy
Philippines	Mozambique	Serbia
Nepal	Botswana	Poland
Australia	Tunisia	Romania
Mongolia	Gabon	Slovenia
Hong Kong	Comoros	Switzerland
Taiwan	Democratic of Republic of Congo	EGATS
MIDDLE EAST	Egypt	Norway
Yemen	Sénégál	North Macedonia
Israel	Niger	Denmark
AMERICAS	Kenya	Belgium
Dominican Republic	Niger	Greece
Mexico	Zambia	Finland
Uruguay	Burundi	Bulgaria
Perú	Ethiopia	Austria
Chile	South Africa	Portugal
Trinidad & Tobago	Nigeria	Iceland
Jamaica	Gambia	Denmark
Bahamas	São Tomé and Príncipe	Hungary
Saint Lucia	Angola	
	Liberia	
	Mauritania	



# SOME....



68% of ANSPs indicated that they **do not have** a formal Peer Support Program for ATCOs with no immediate plans (next two years) to establish a program.

The majority of these ANSPs indicated that they would require assistance in implementing a Peer Support Program for ATCOs.

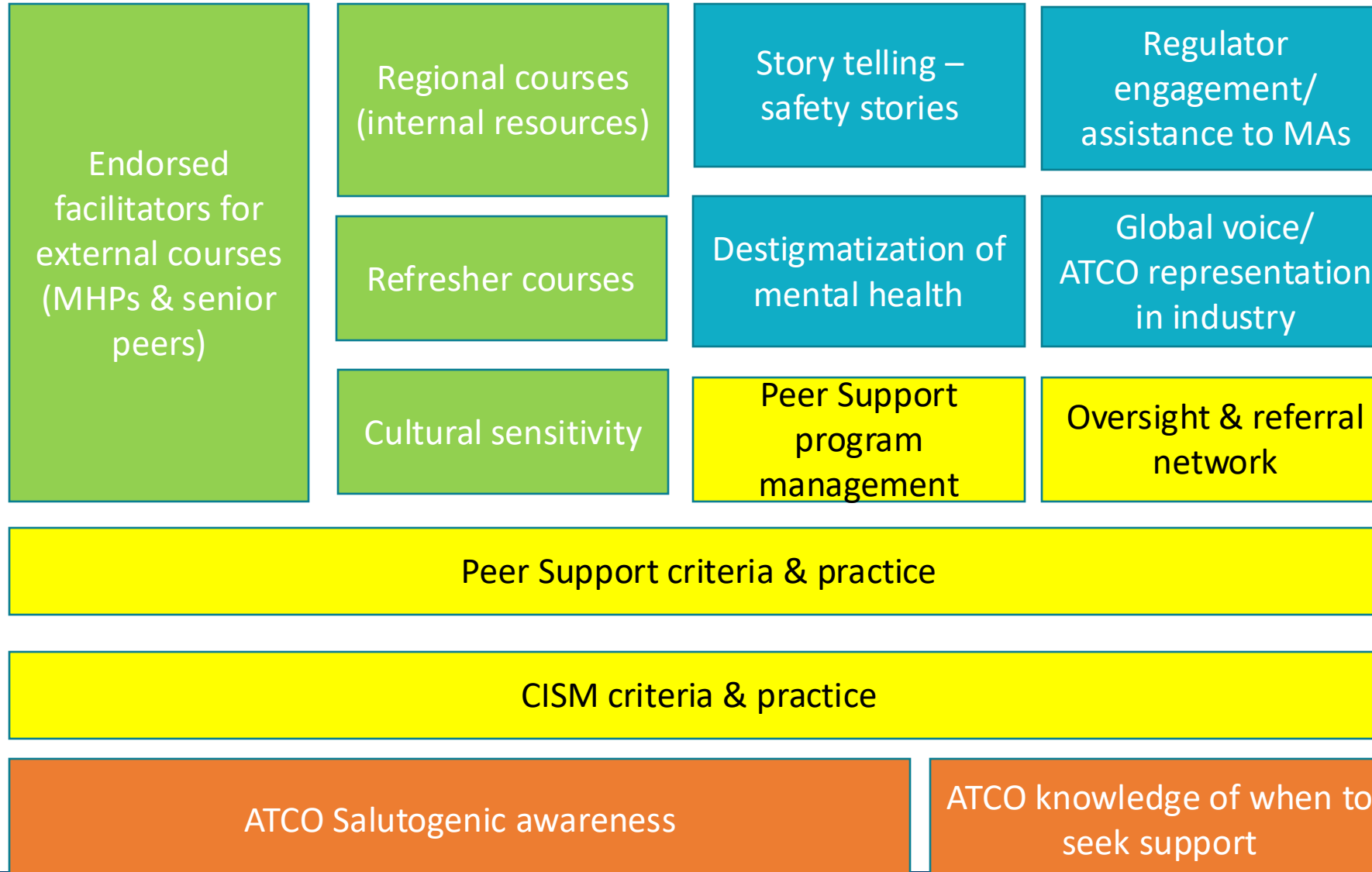
Over 64% of ANSPs indicated that they would consider participating in future research.

# 2023 ANSP SURVEY

- With limited exception peer support programmes are funded by the ANSP itself (2 by staff bodies).
- These programs are mostly internally driven and managed by specialists or the HR.
- Formal screening by 8 (of the 19) ANSPs to select peer supporters.
- ANSPs make use of ATCOs to volunteer as Peer Supporters.
- Regular refresher training provided by 63% via Industry Specialised Psychologists.
- 53% of the ANSPs peer support programs offer support for their volunteers.
- 57% of the ANSPs offer peer support for other safety critical or support staff (ATSEPs, ATSOs, RFF).

# IFATCA Mental Health & Aviation Safety

## IFATCA GLOBAL FRAMEWORK FOR MENTAL WELLBEING OF ATCOs



Source: IFATCA  
Mental  
Wellbeing Task  
Force 2024 v1.1





# Thank you

Questions & ideas welcome