

THE BLAME GAME

by Andrés Ospina

Airline Transport Pilot | MRAeS | Flight Training | Mental Health | the Aeronaut





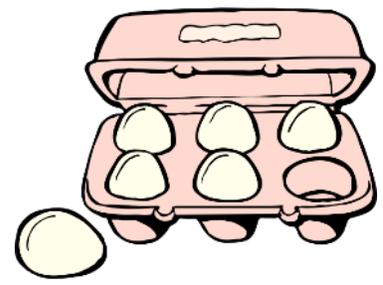


**“The absence of mental illness
doesn’t mean the presence of
mental health”.**

Adam Grant

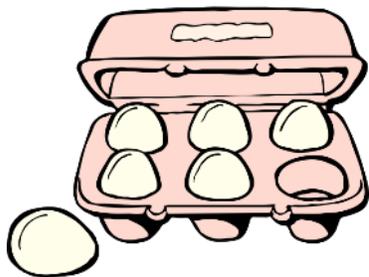
Where should we start from?

Where should we start from?



Ab-Initio

Where should we start from?

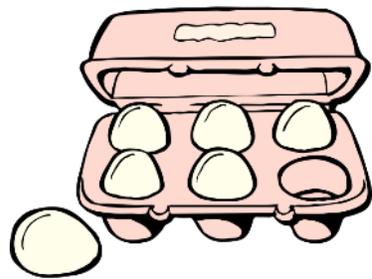


Ab-Initio



Regionals

Where should we start from?



Ab-Initio

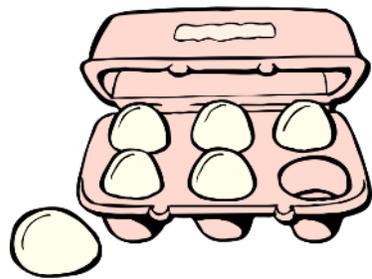


Regionals



Major

Where should we start from?



Ab-Initio



Regionals

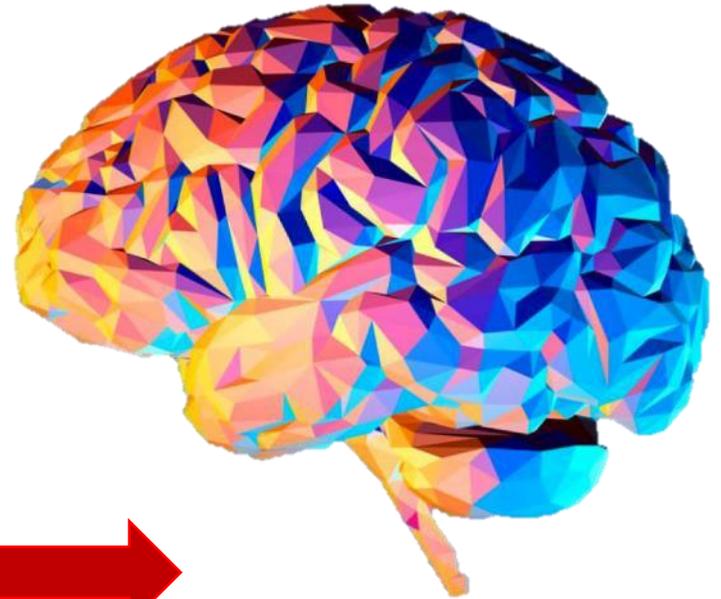


Major

Instructors, are you ok?



The instructors are full of tools to understand what happens here, but do they have tools to understand what happens here?



**Who are
we going to
blame?**



Employee

Who are we going to blame?



Employer

Employee

Who are we going to blame?



Regulator

Employer

Employee

Who are we going to blame?



Regulator

Employer

Employee

Who are we going to blame?

Responsibility for mental health can be shared among individuals, employers, regulators, and society as a whole.

Each plays a role in creating environments that support mental well-being and providing resources for mental health care.



“Mental health problems are contagious”.



Fit to fly...



Fit to fly...

- Sleep



Fit to fly...

- Sleep
- Diet (Food)



Fit to fly...

- Sleep
- Diet (Food)
- Exercise

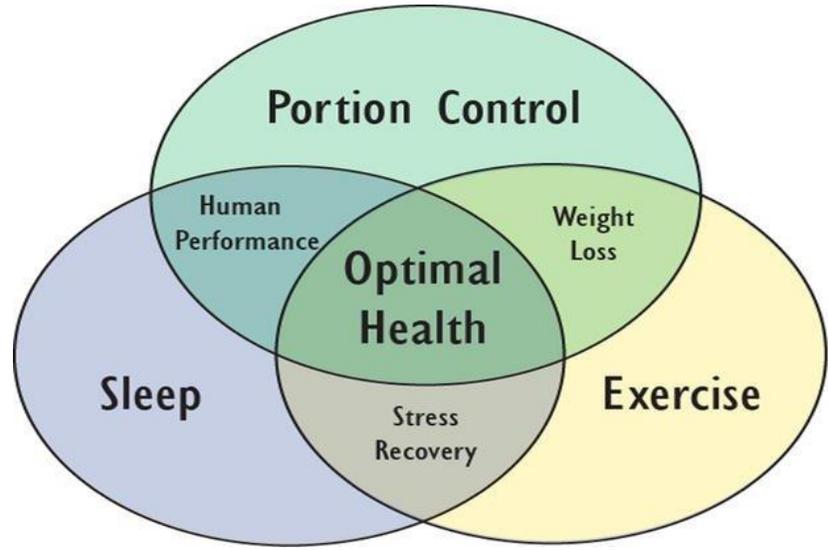


Fit to fly...

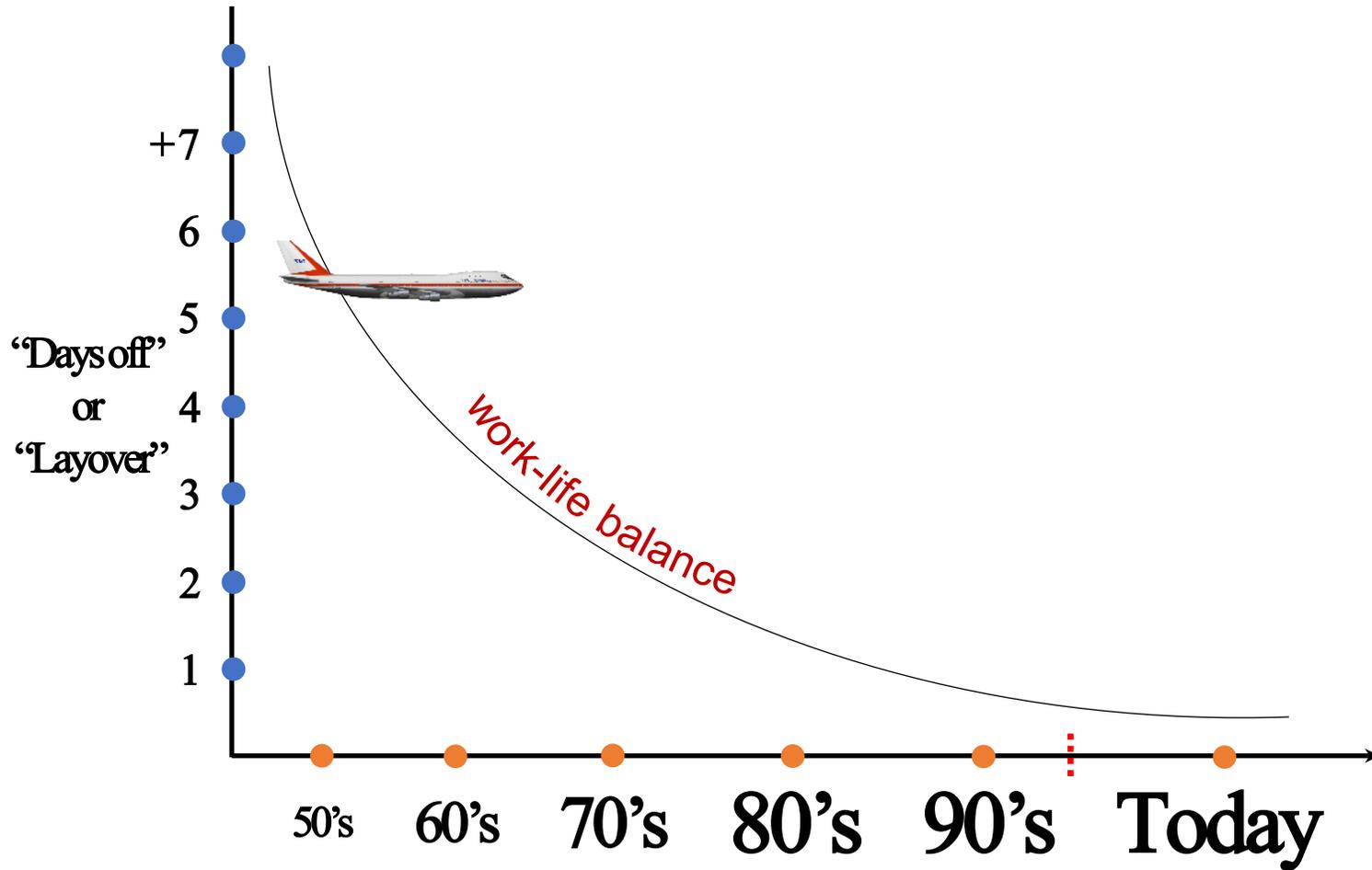
“In a consistent schedule”



- Sleep
- Diet (Food)
- Exercise
- Life balance (e.g. Family)

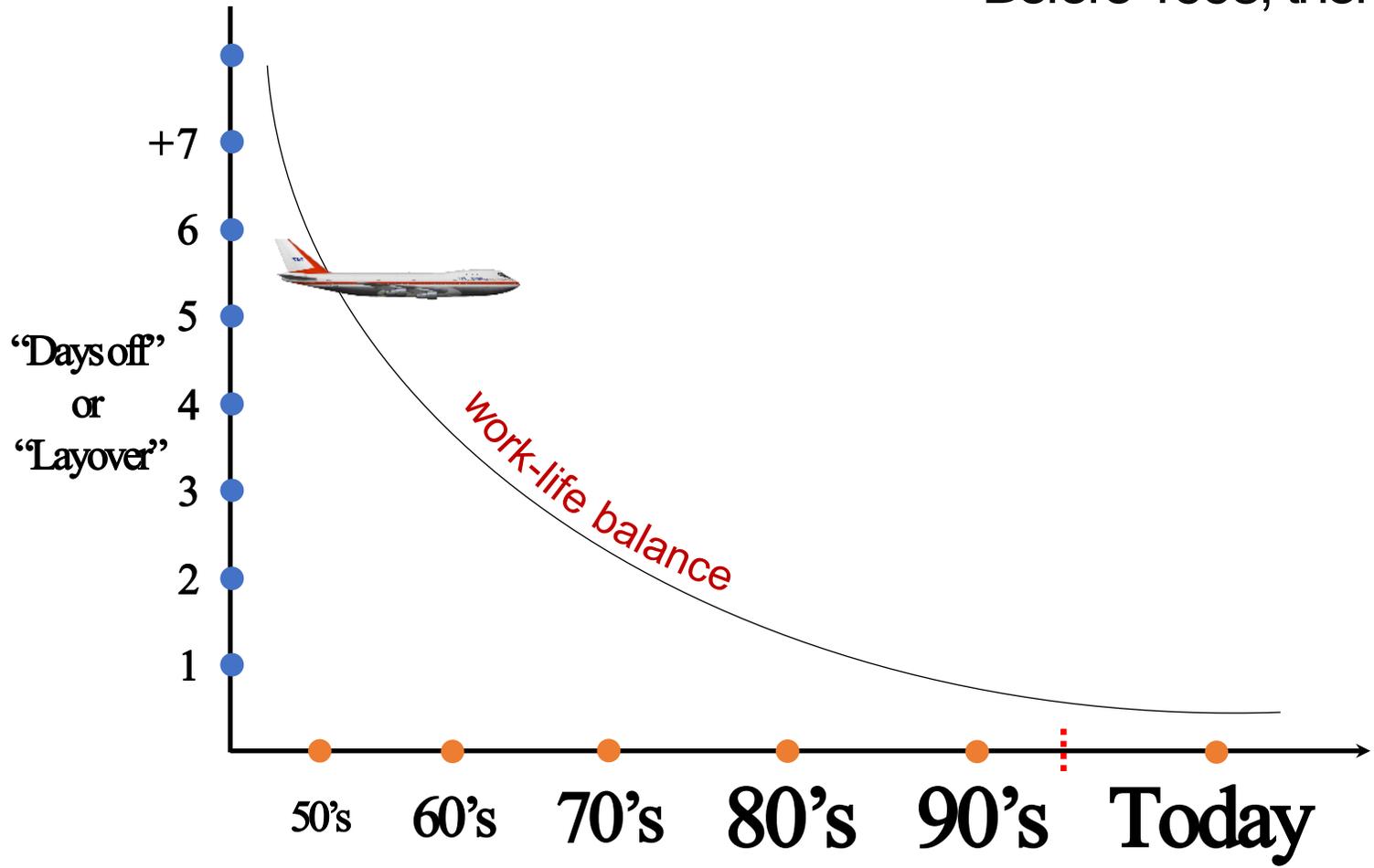


Fit to fly...

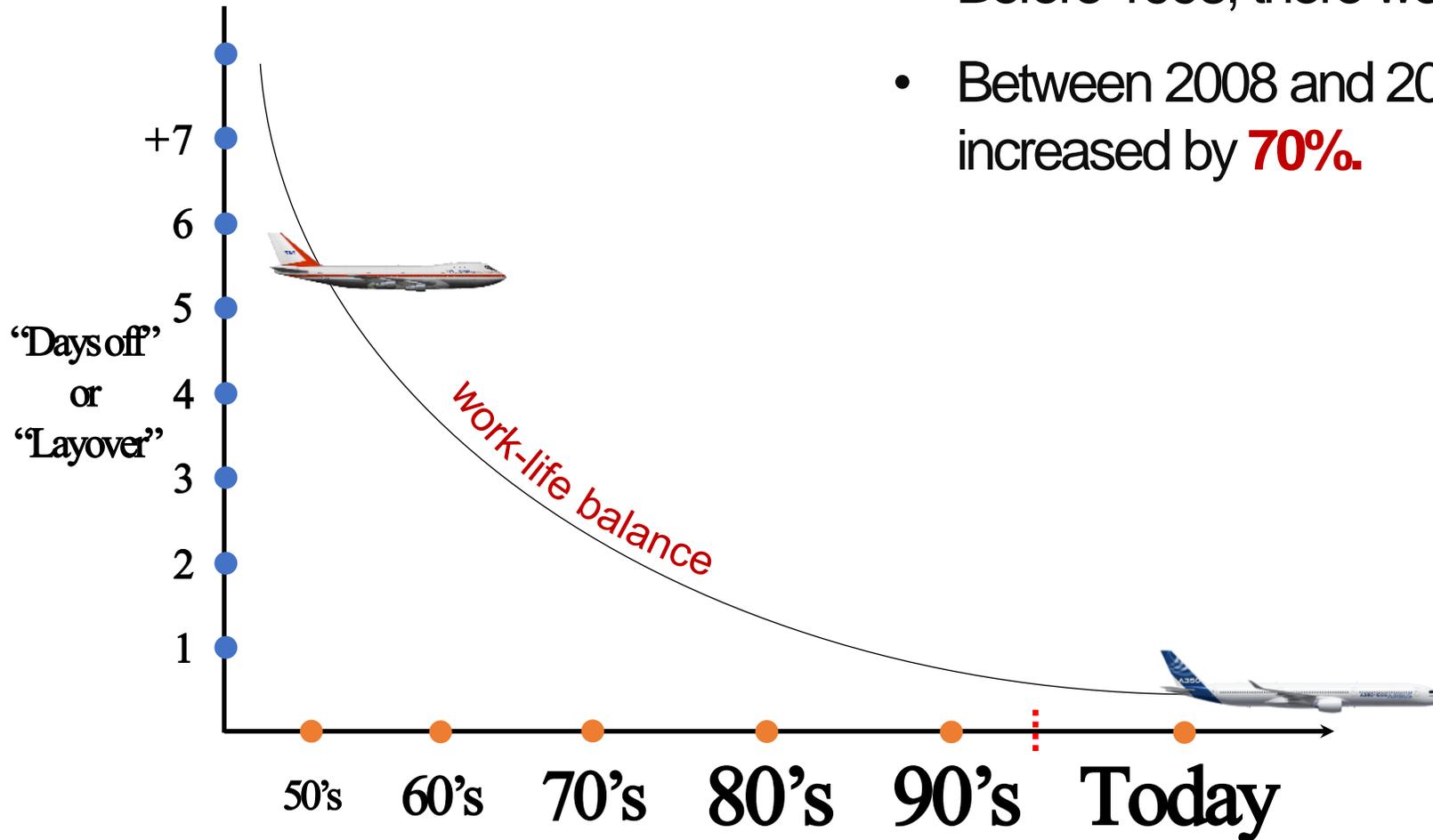


Fit to fly...

- Before 1998, there were no flights of > 7000 nm yet.

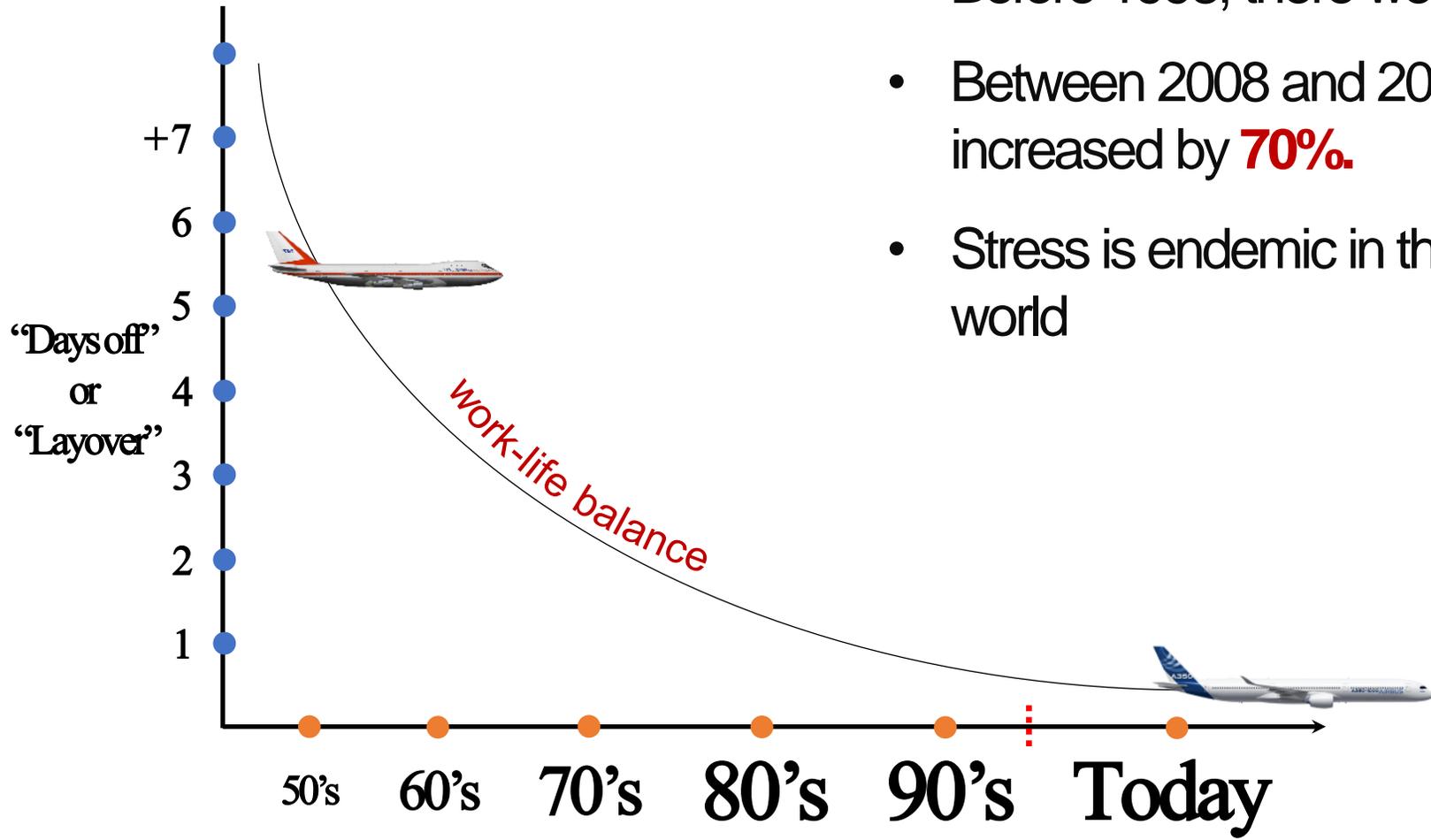


Fit to fly...

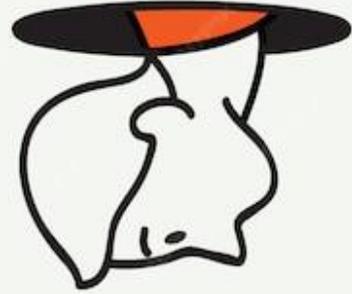


- Before 1998, there were no flights of > 7000 nm yet.
- Between 2008 and 2013, flights of over 6000 nm increased by **70%**.

Fit to fly...



- Before 1998, there were no flights of > 7000 nm yet.
- Between 2008 and 2013, flights of over 6000 nm increased by **70%**.
- Stress is endemic in the modern, fast-paced world



“Seeking support is a sign of strength”.



**Too many
people need
help, and
have no one
to listen....**

A point of contact at their
workplace would be invaluable
and will definitely save lives

Sophie Mare



Pathways to help.

A[®]



Pathways to help.

I need HELP!!!!			
Non - Professional		Professional	
Non-Trained		Trained	
Friends	→ Family	→ Peer	→ <ul style="list-style-type: none">- Psychologist- Psychiatrist- Counselors- Therapist- And more



Pathways to help.

Support

- Training
- Human
- Medication
- Technology

MENTAL
HEALTH &
WELLBEING
FOR ALL



A[®]

The mindset change

Medical suspension: Why must people choose between health and flying. Shouldn't you be healthy, to perform at your best is the most responsible thing to do for you and your profession.

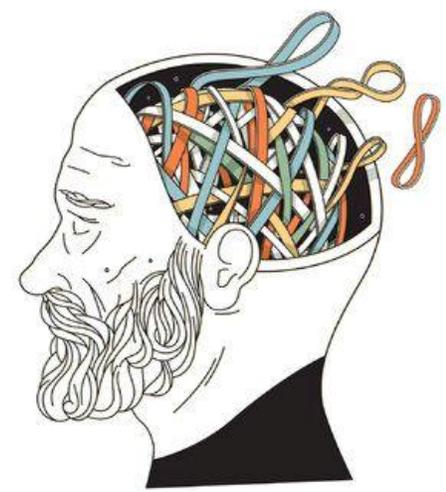
That's the mindset change we need.

“ “ The deep problem is not the person who self disclosures, is the one who doesn't.

Psychologists & Psychiatrists working in mental health sector (per 100,000)

Psychiatrists

1. Norway	48,040
pop. 45,773,884	
2. Switzerland	43,956
pop. 8,796,669	
3. Monaco	31,326
pop. 36,297	
4. New Zealand	28,540
pop. 5,228,100	
5. Poland	24,176
pop. 41,026,067	
6. Argentina	21,705
pop. 45,773,884	
7. Sweden	20,863
pop. 10,612,086	
8. United States	10,542
pop. 339,996,563	



Psychologists

1. Argentina	222,572
pop. 45,773,884	
2. Costa Rica	142,058
pop. 5,212,173	
3. Netherland	123,464
pop. 17,618,299	
4. Australia	103,036
pop. 26,439,111	
5. Israel	88,089
pop. 9,174,520	
6. Norway	73,522
pop. 5,474,360	
7. Monaco	53,515
pop. 36,297	
8. United States	29,864
pop. 339,996,563	



Create a Positive and Supportive

Create a Positive and Supportive

Culture

Safety

Health

Wellbeing

From
another
point
of view.

THE REGULATORY LENS



**From
another
point
of view.**

THE REGULATORY LENS



From
another
point
of view.

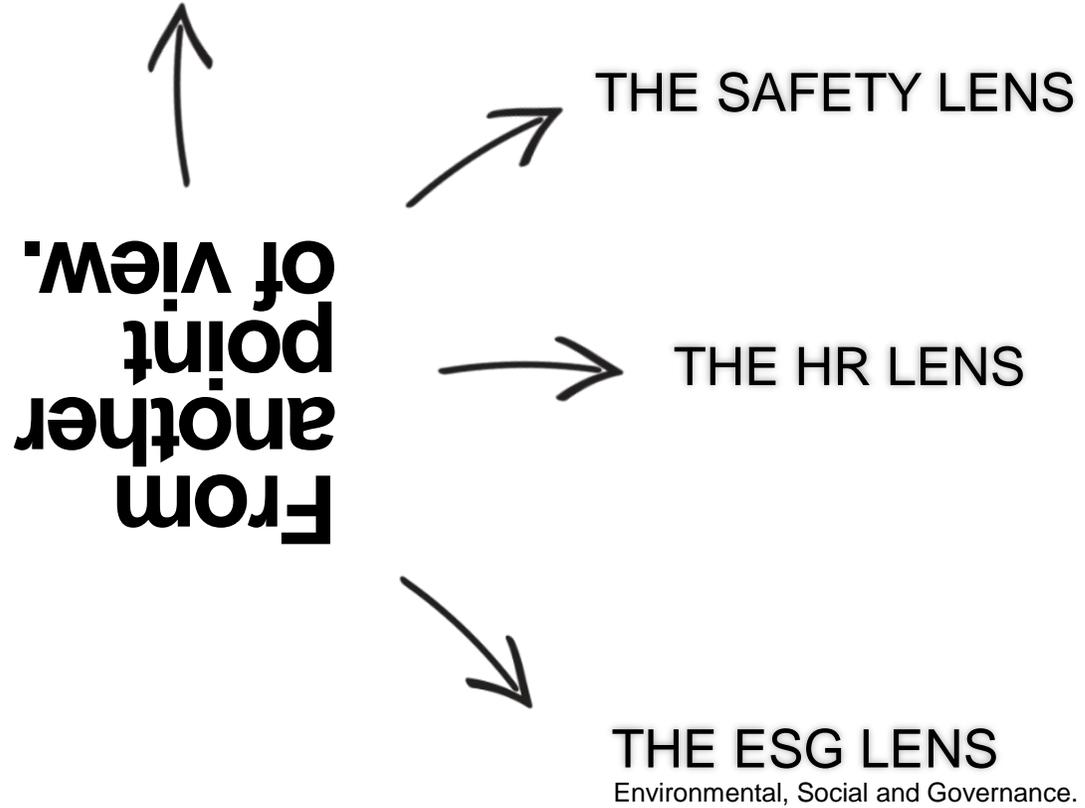


THE SAFETY LENS

THE REGULATORY LENS



THE REGULATORY LENS



THE REGULATORY LENS



THE SAFETY LENS



From
another
point
of view.

THE HR LENS



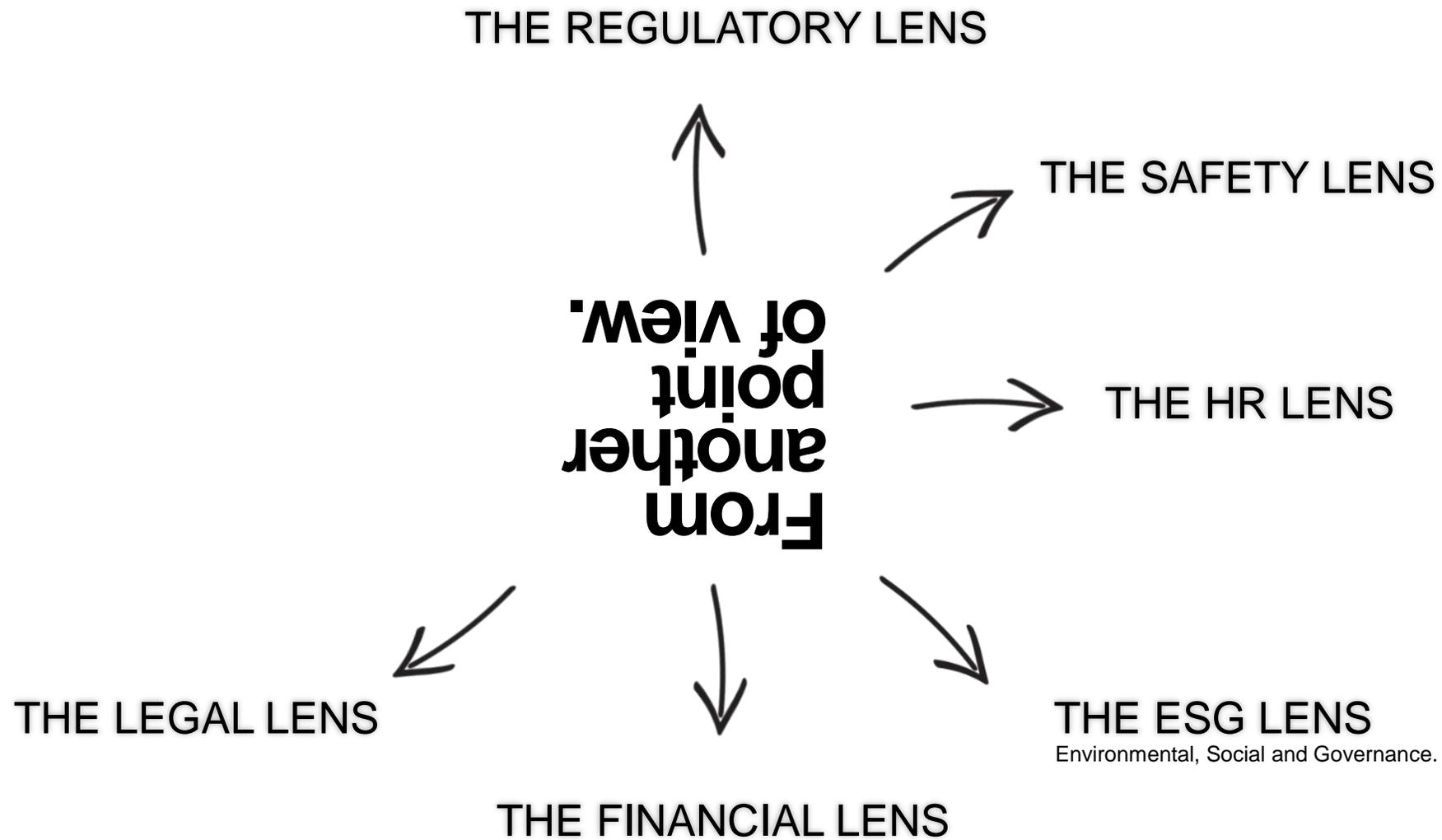
THE ESG LENS

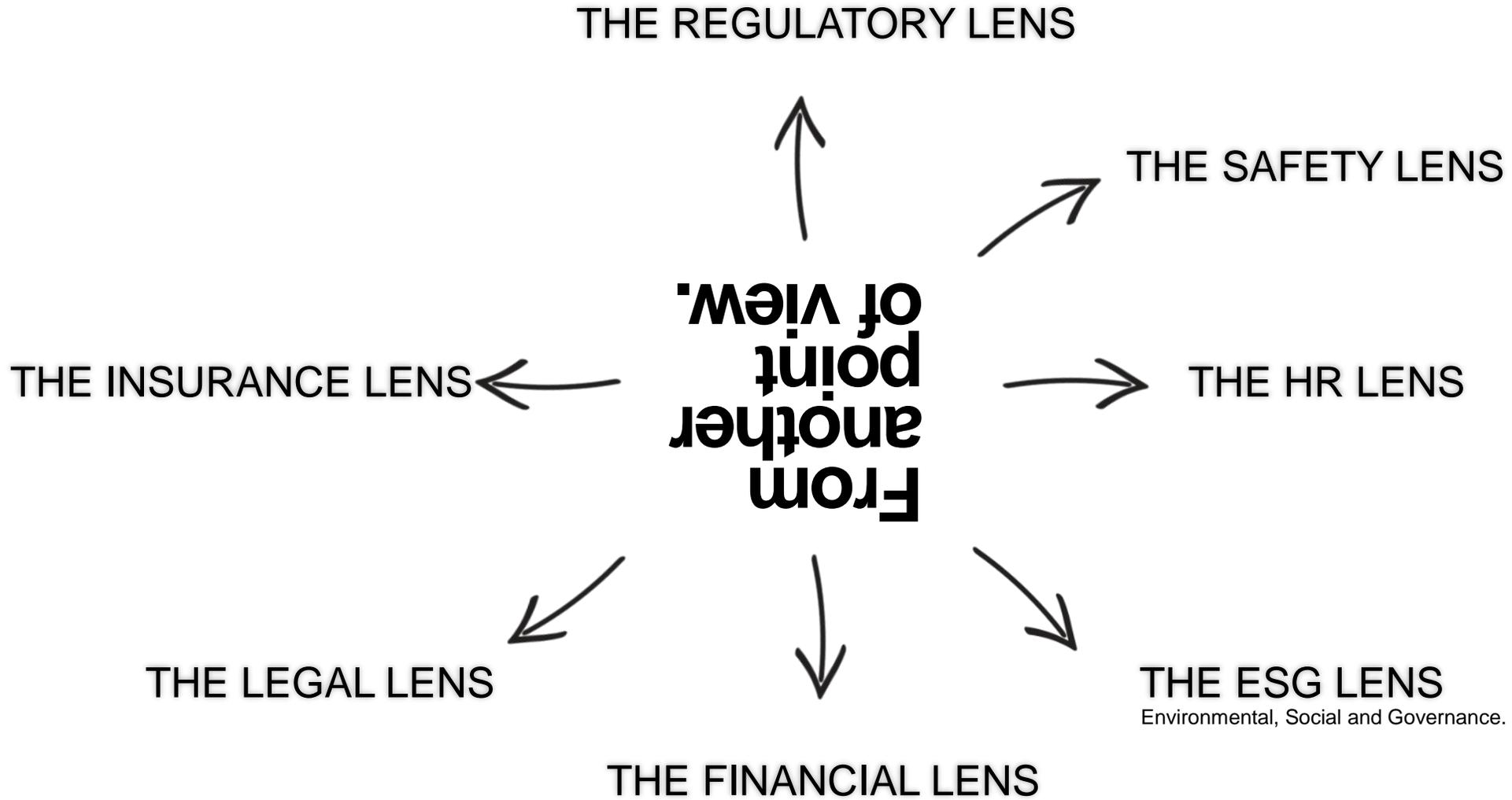
Environmental, Social and Governance.

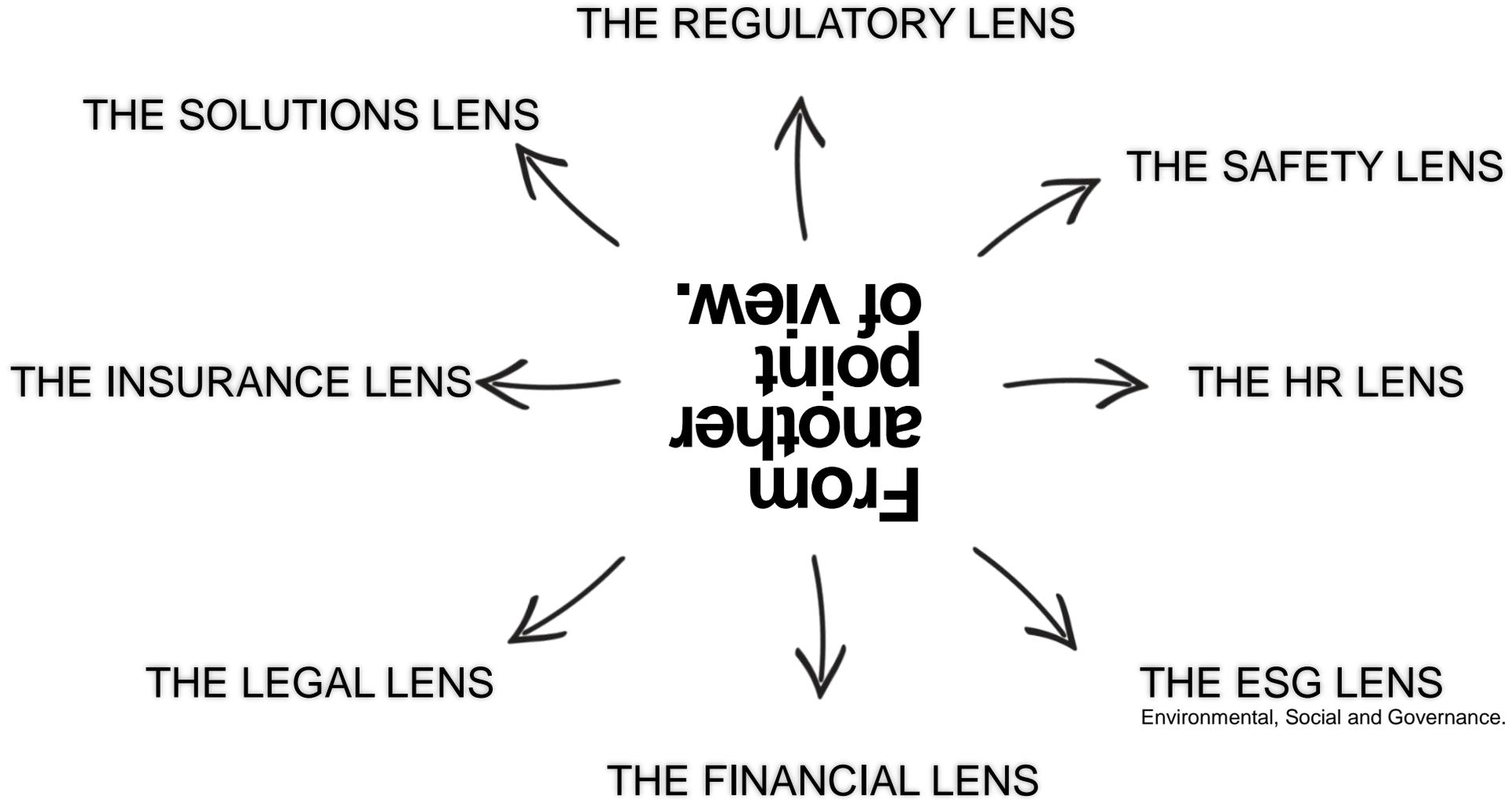


THE FINANCIAL LENS













You can live with and coexist with a mental health condition.

END THE STIGMA NOW

Mental health will be a condition that we will all experience at some point in life.



“Everyone struggles, but we have to learn to struggle well”.

THANK YOU

by ANDRÉS OSPINA

