

THE BLAME GAME

by Andrés Ospina

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





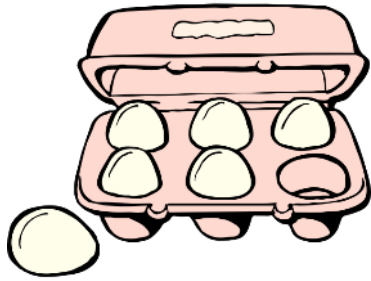


**“The absence of mental illness
doesn’t mean the presence of
mental health”.**

Adam Grant

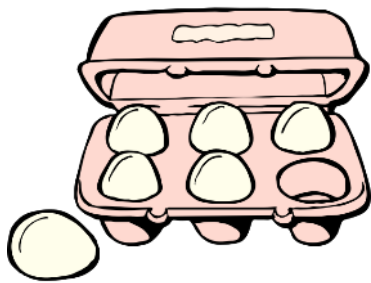
Where should we start from?

Where should we start from?



Ab-Initio

Where should we start from?

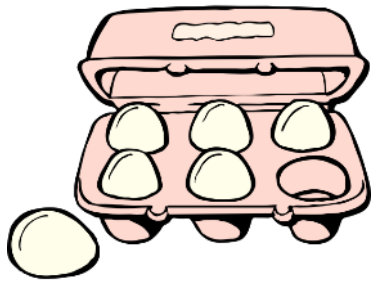


Ab-Initio



Regionals

Where should we start from?



Ab-Initio

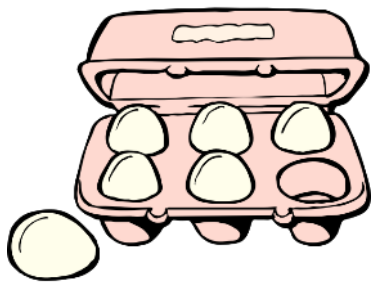


Regionals



Major

Where should we start from?



Ab-Initio



Regionals

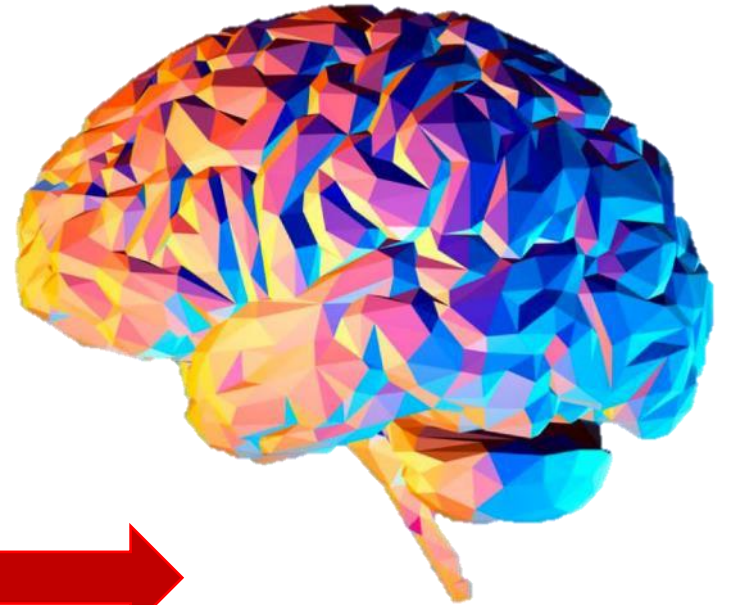


Major

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...

A[®]



Fit to fly...

- Sleep



Fit to fly...

- Sleep
- Diet (Food)



Fit to fly...

- Sleep
- Diet (Food)
- Exercise

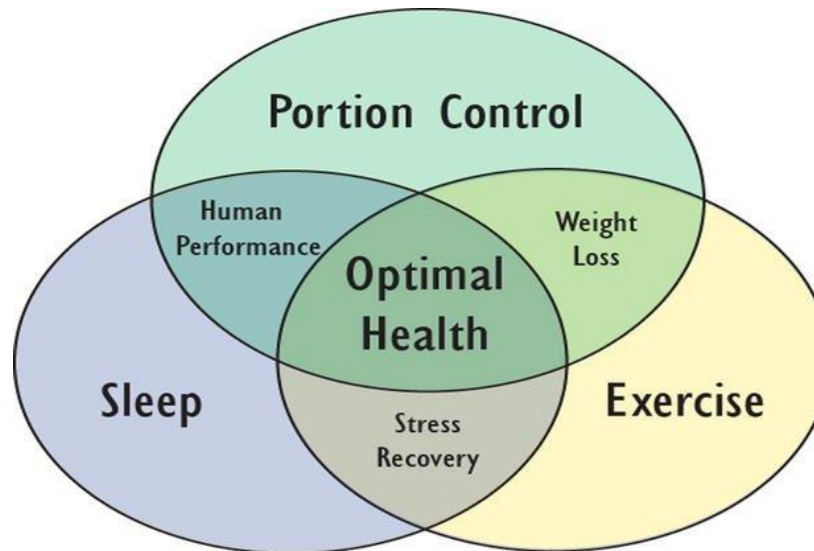


Fit to fly...

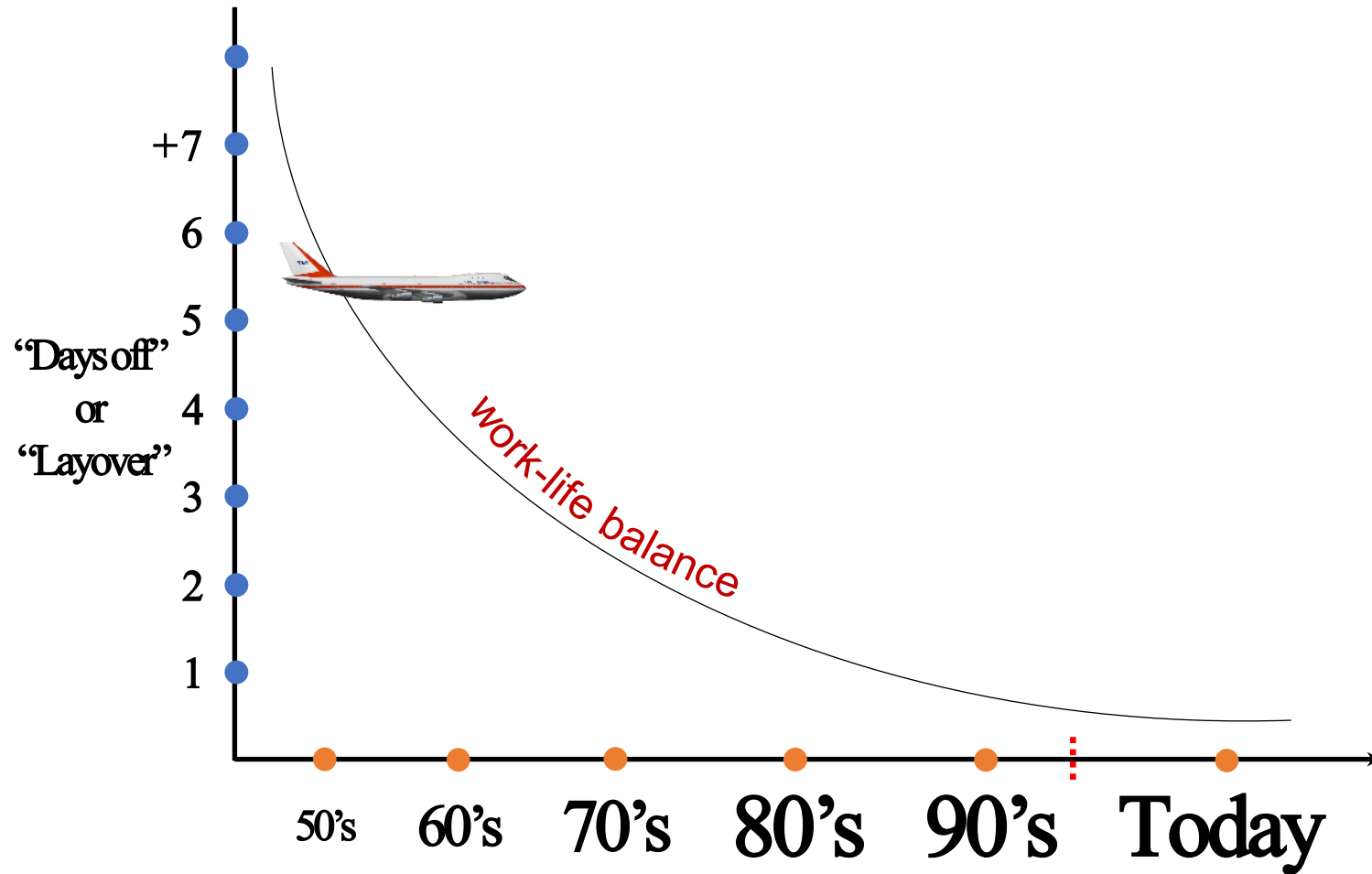
“In a consistent schedule”



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

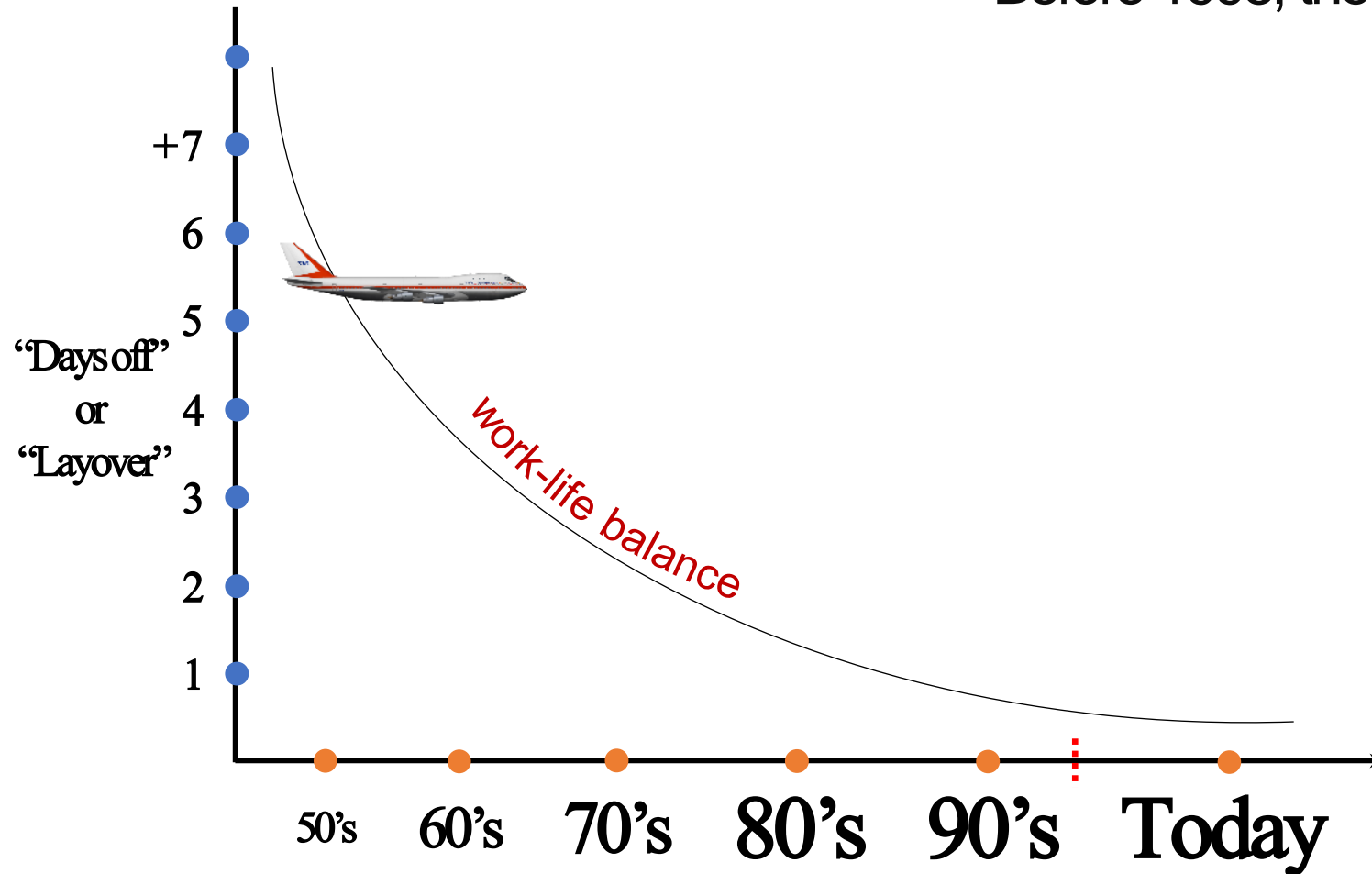


Fit to fly...

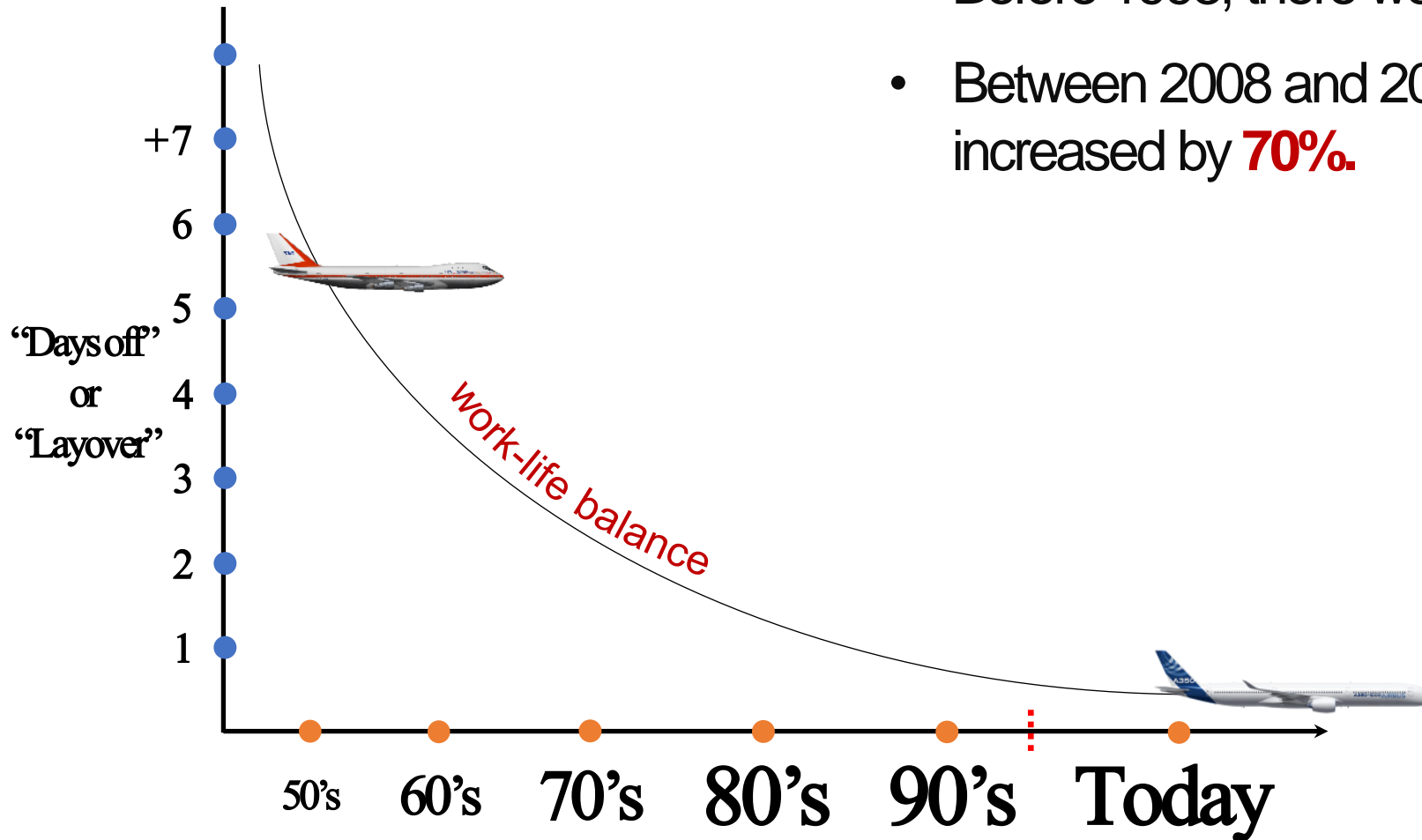


Fit to fly...

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

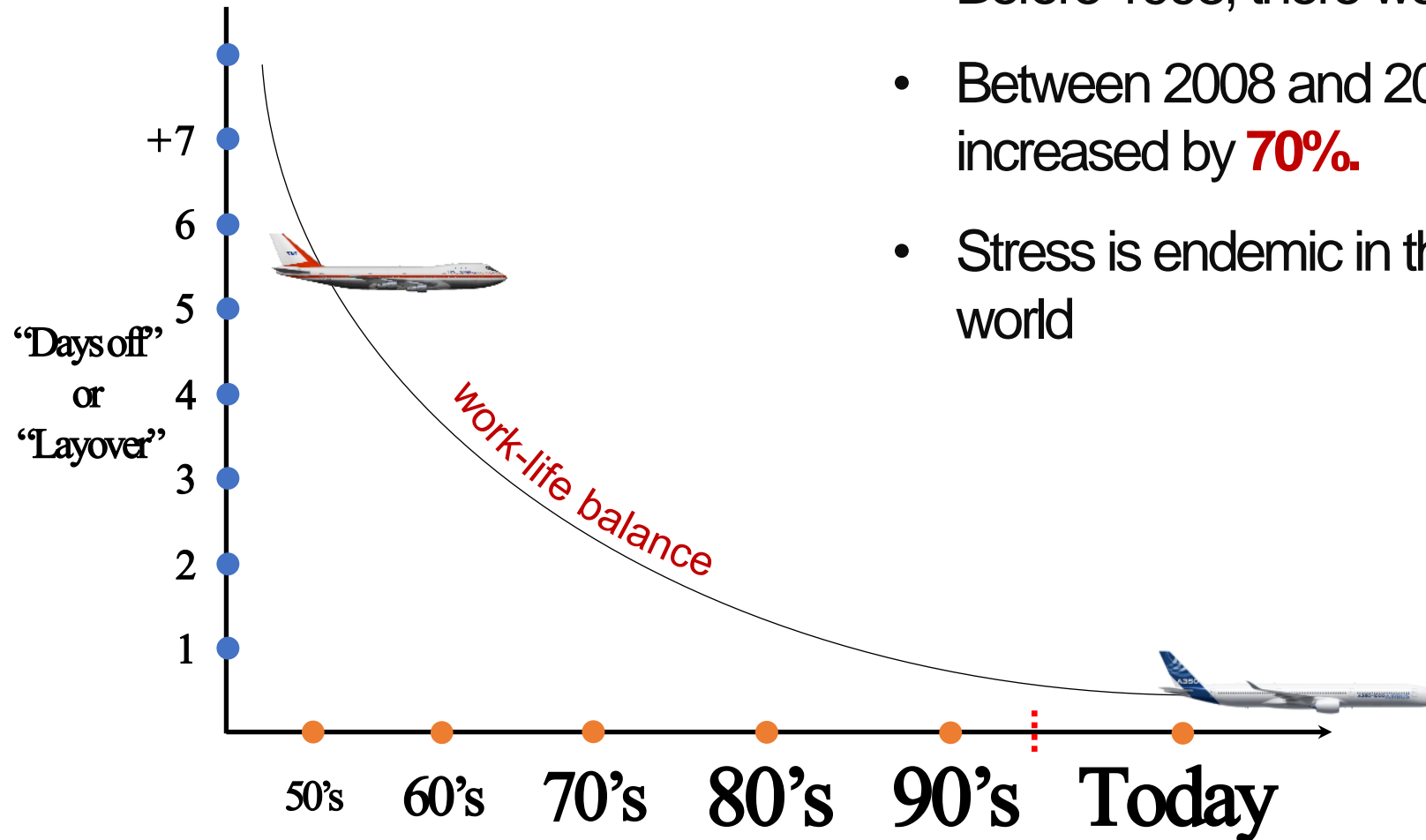


Fit to fly...



- 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.



Pathways to help.

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



Pathways to help. Support

- Training
- Human
- Medication
- Technology

MENTAL
HEALTH &
WELLBEING
FOR ALL



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.

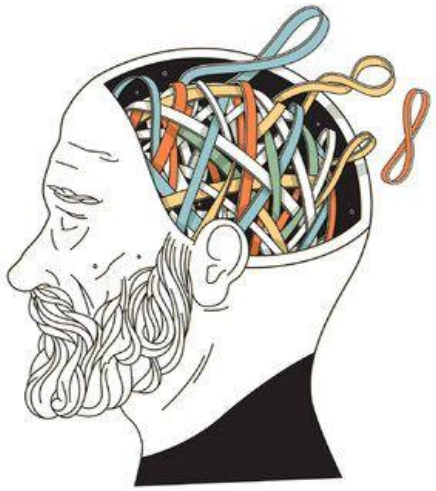
That's the mindset change we need.

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



Psychologists

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



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.

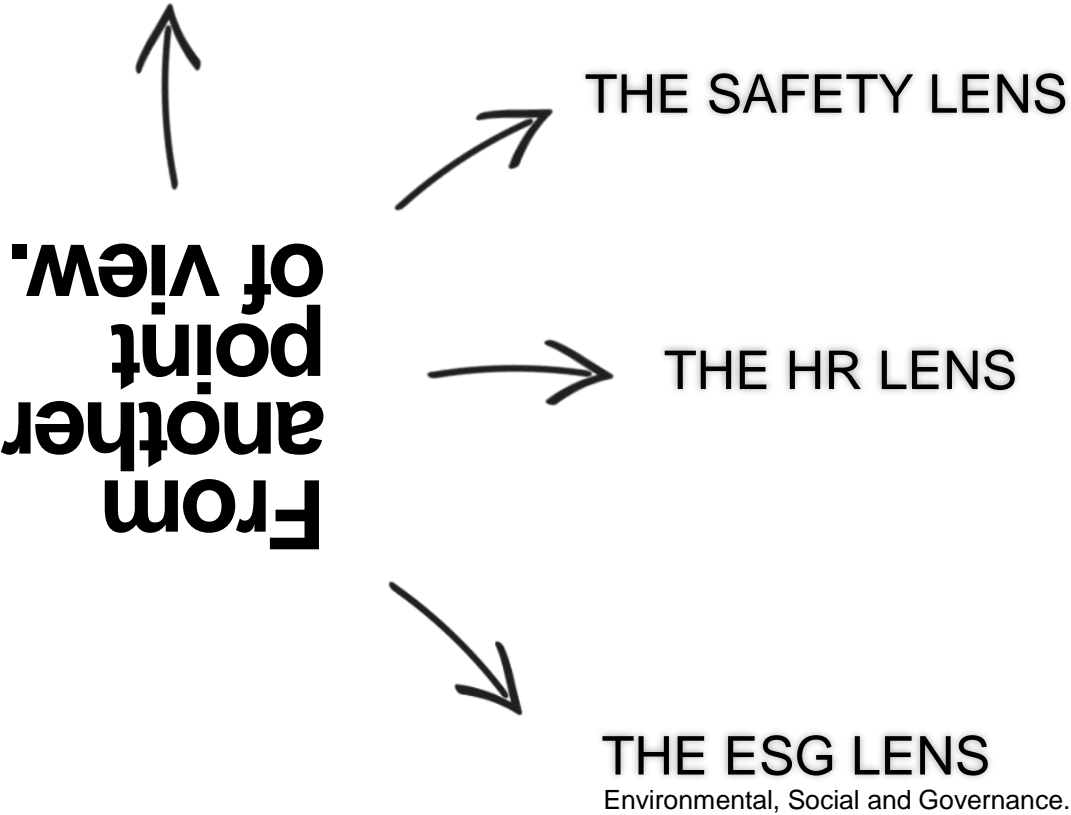


THE SAFETY LENS

THE REGULATORY LENS



THE REGULATORY LENS



THE REGULATORY LENS

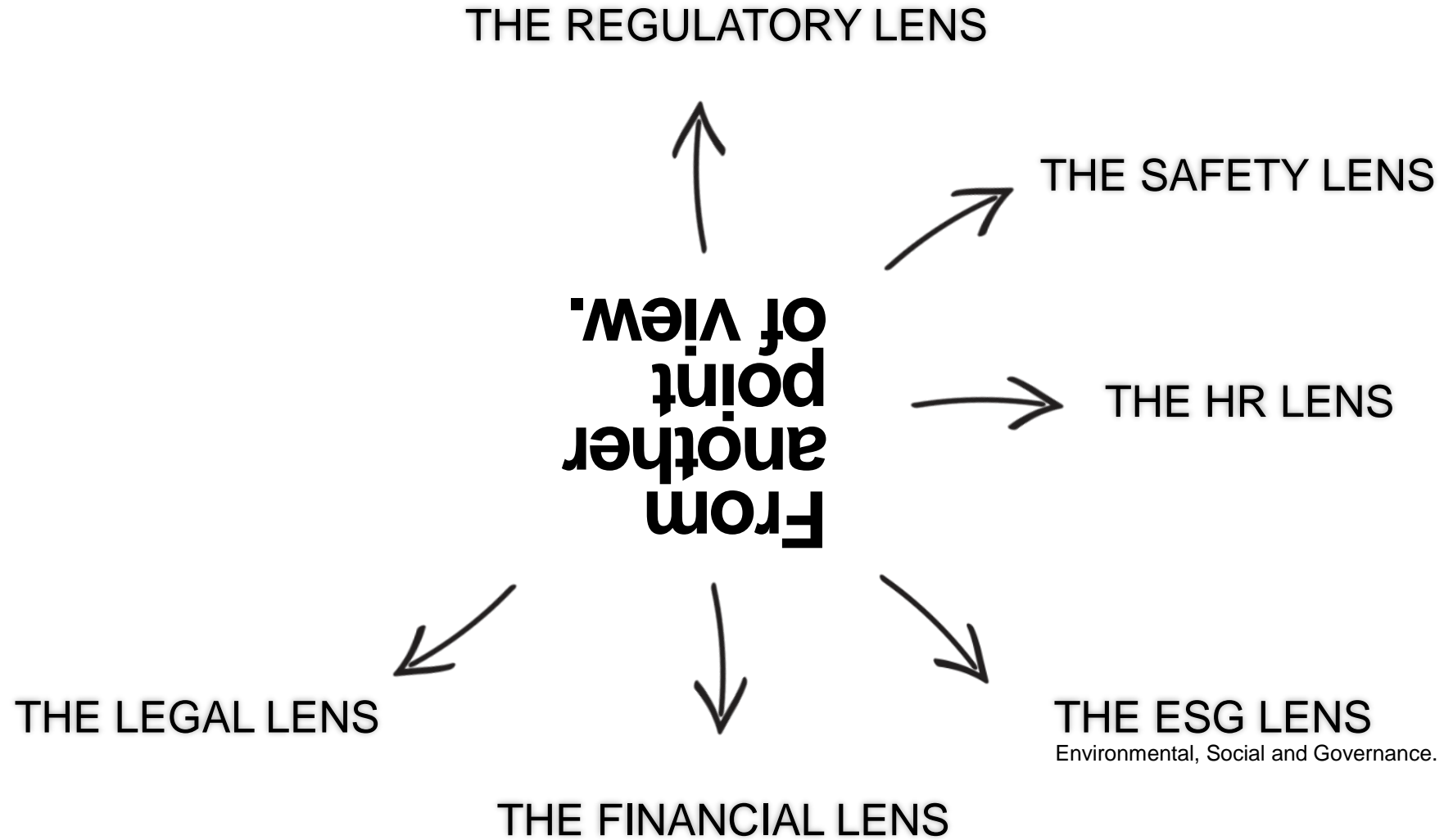
THE SAFETY LENS

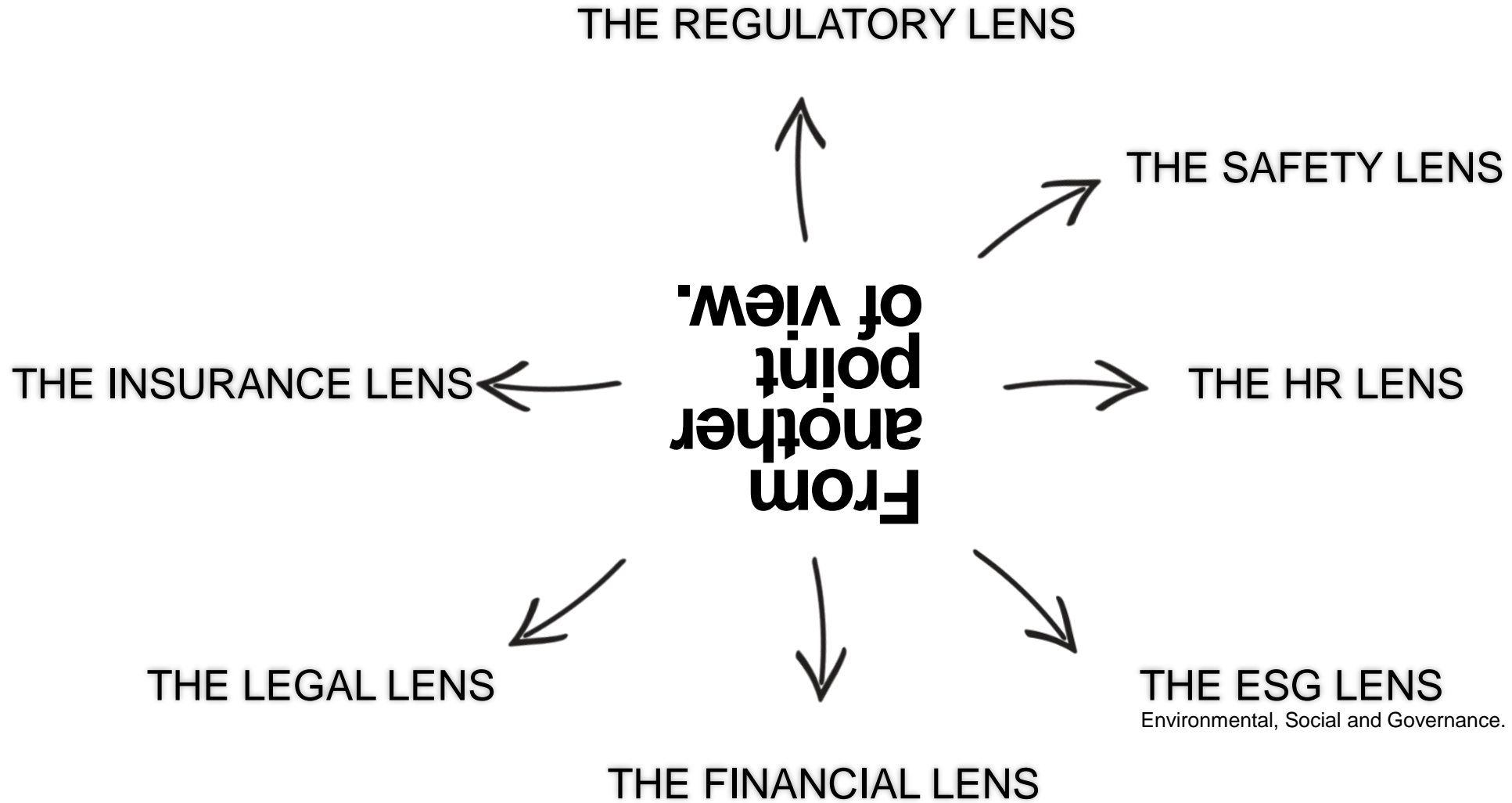
THE HR LENS

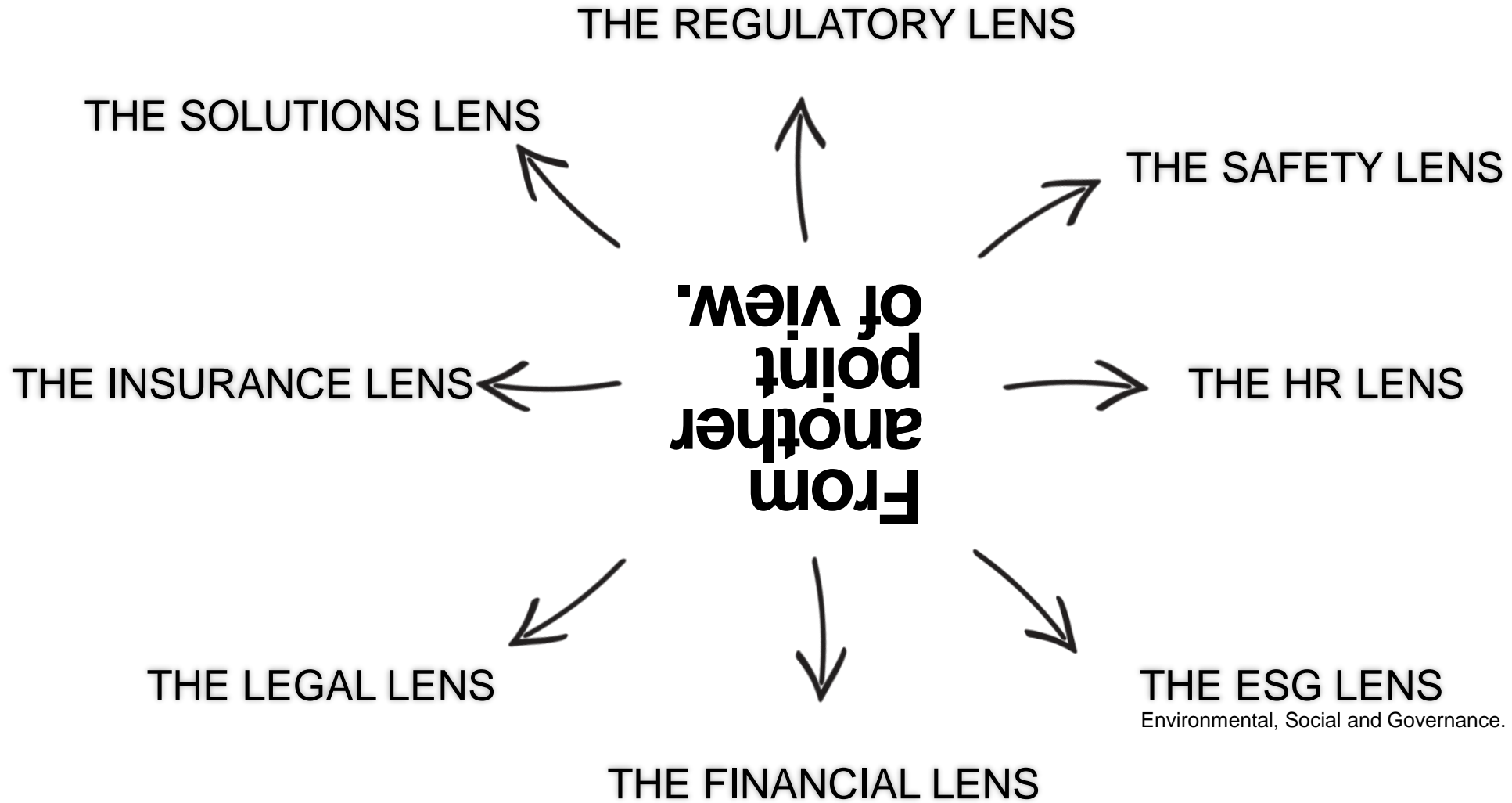
THE ESG LENS
Environmental, Social and Governance.

THE FINANCIAL LENS

From
another
point
of view.












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

