

Mental Health in Aviation – Yoga & Vegetables, Right? Wrong...

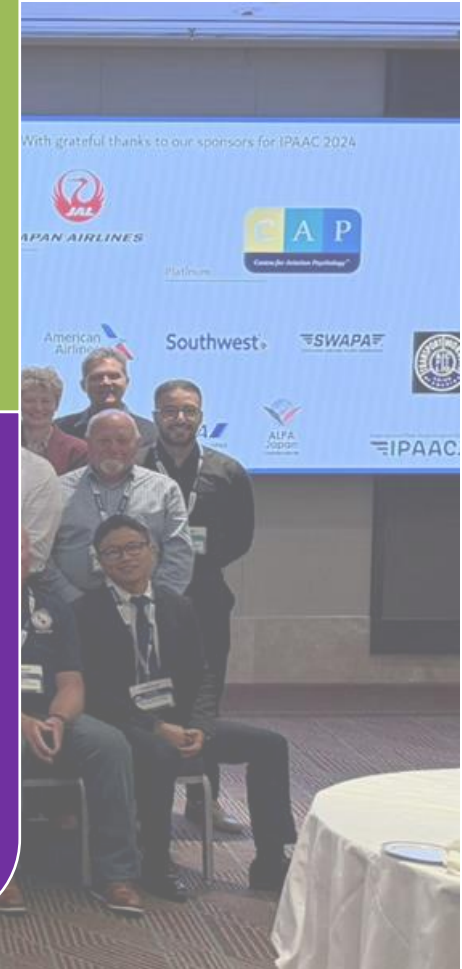
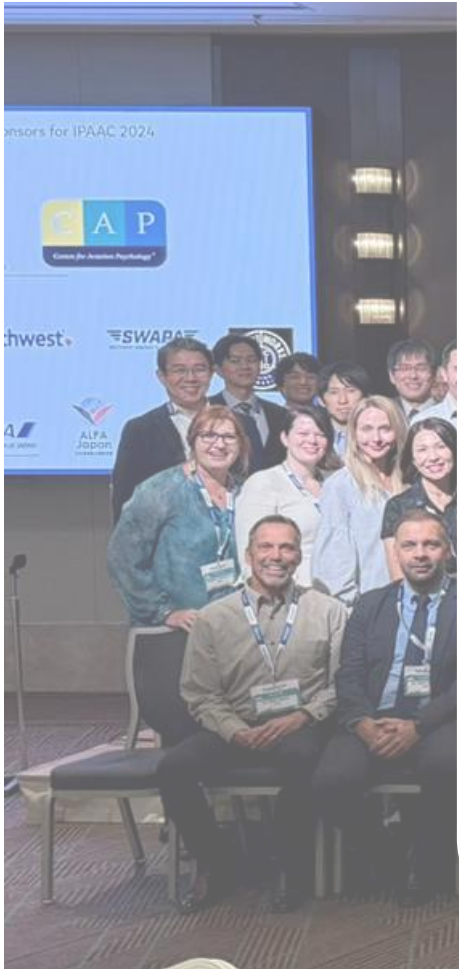
Dave Fielding,
Chair, International Peer Assist Aviation Coalition (IPAAC),
British Airways and BALPA



What is IPAAC?

Founded 2018

International Peer Assist Aviation Coalition
IPAAC



What Peer Support is Not



What is the problem Peer Support addresses?



From the Emotive to the Empirical...

Part One – A Controversial Theory

Poor mental wellbeing can be a distraction, and thus represents a threat to flight safety.

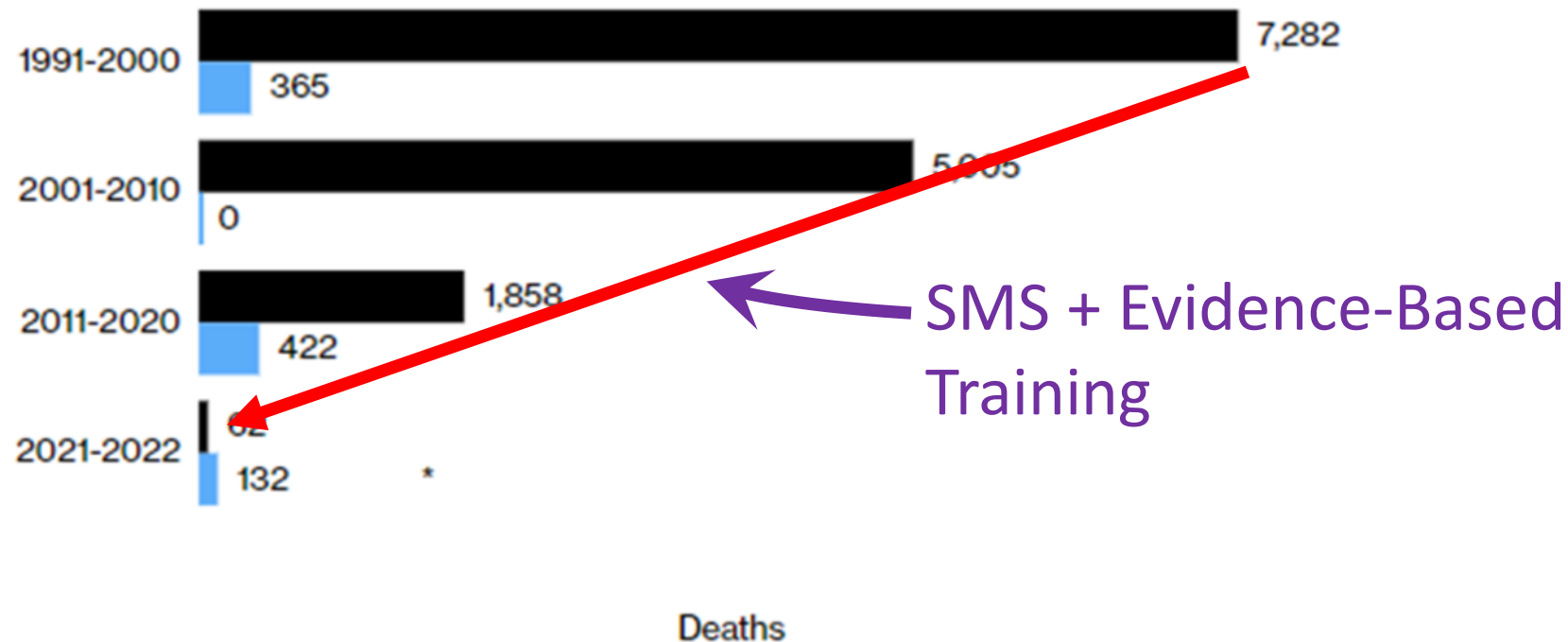


Dramatic Improvements in Flight Safety in past 30 years

Pilot Suicide Deaths

As accidents decrease, the death toll from intentional acts has grown

■ Traditional Crashes ■ Intentional Acts



Source: Boeing, AviationSafetyNetwork, accident reports

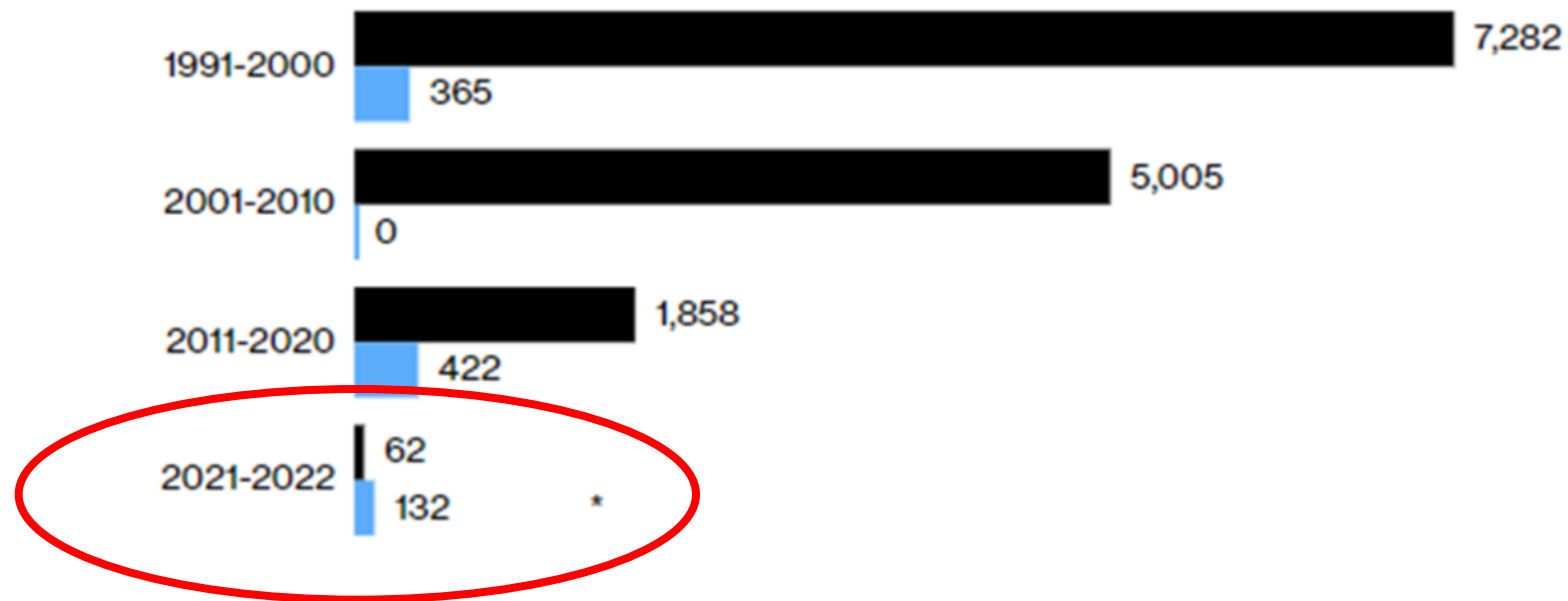
Note: Accidents include Western-built jets; * March 2022 China Eastern Crash is likely intentional, but unconfirmed

... but what about now?

Pilot Suicide Deaths

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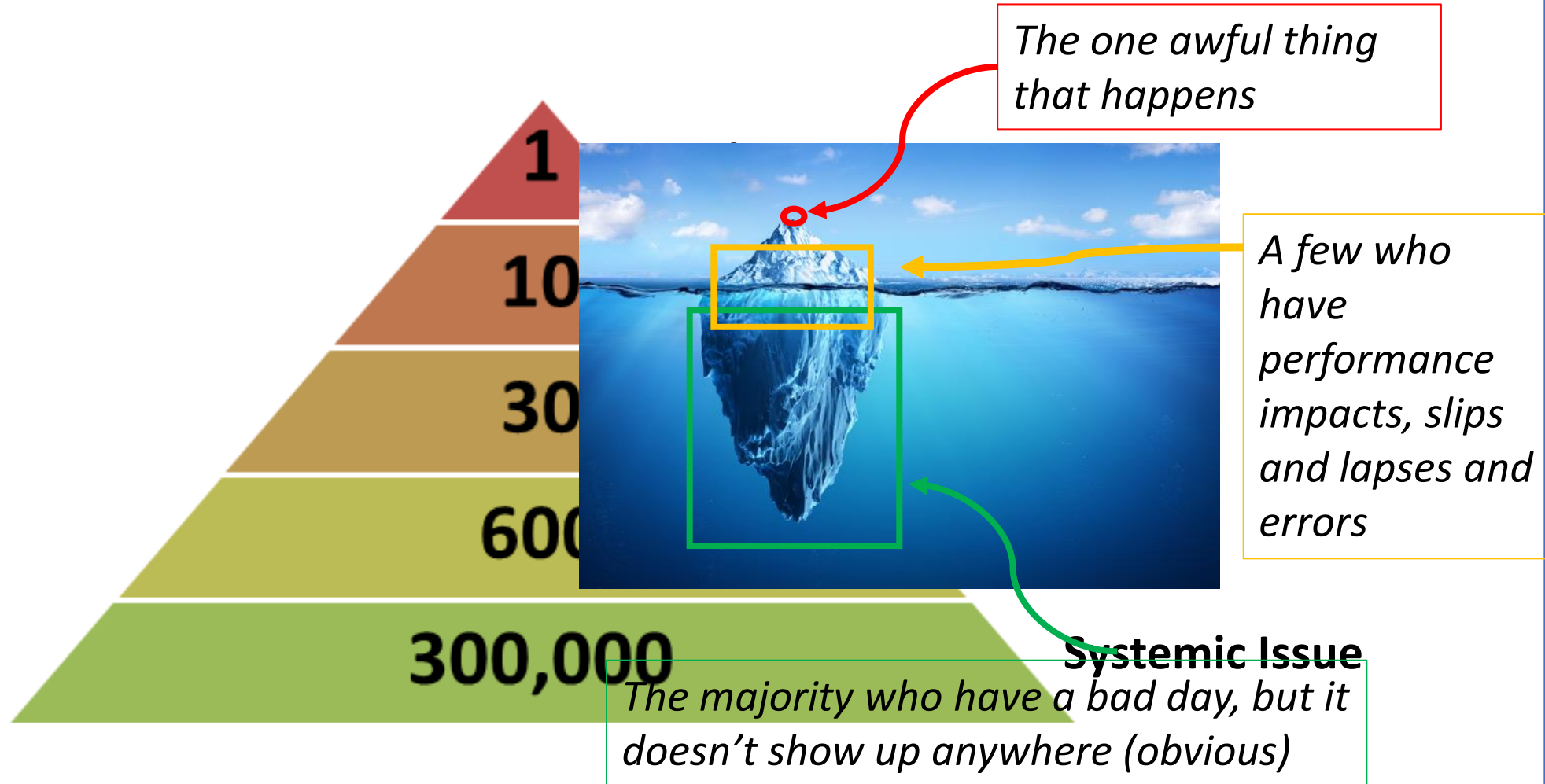


Deaths

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Part Two - Heinrich Accident Triangle

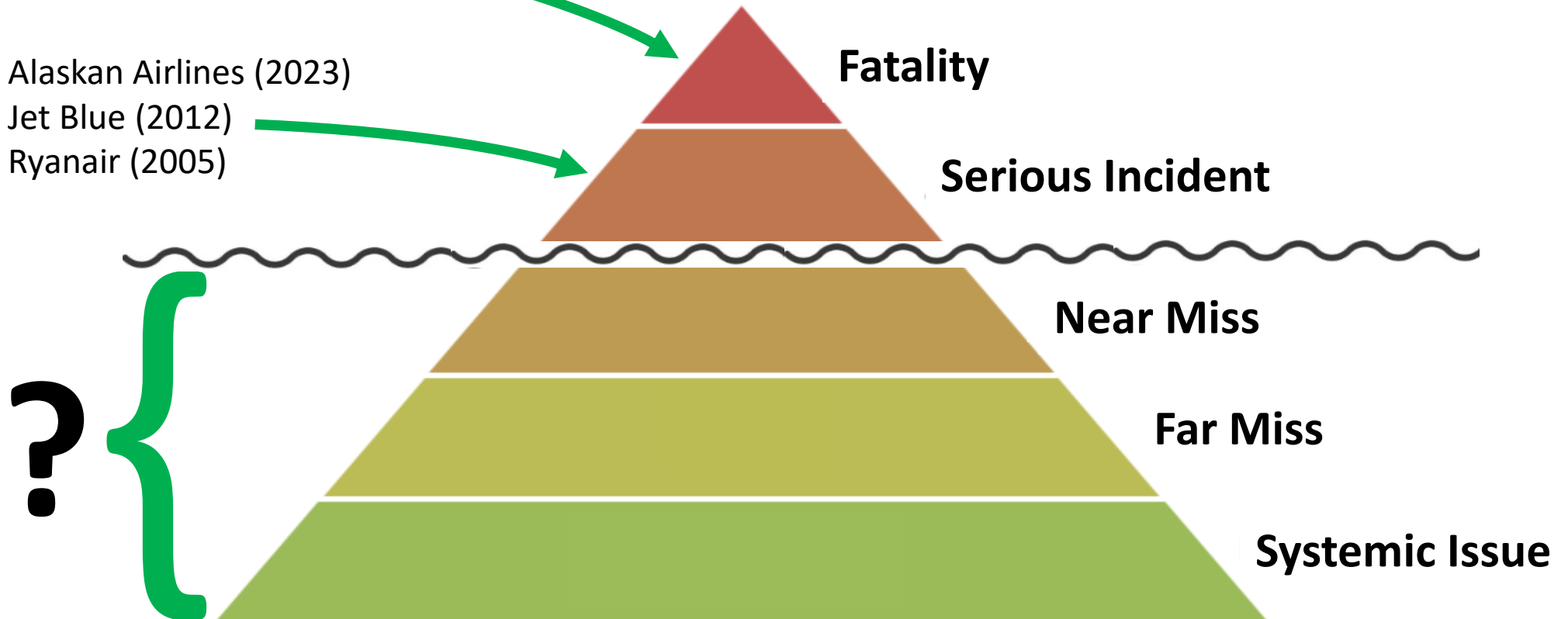


Courtesy of Dr Kate Manderson, CASA

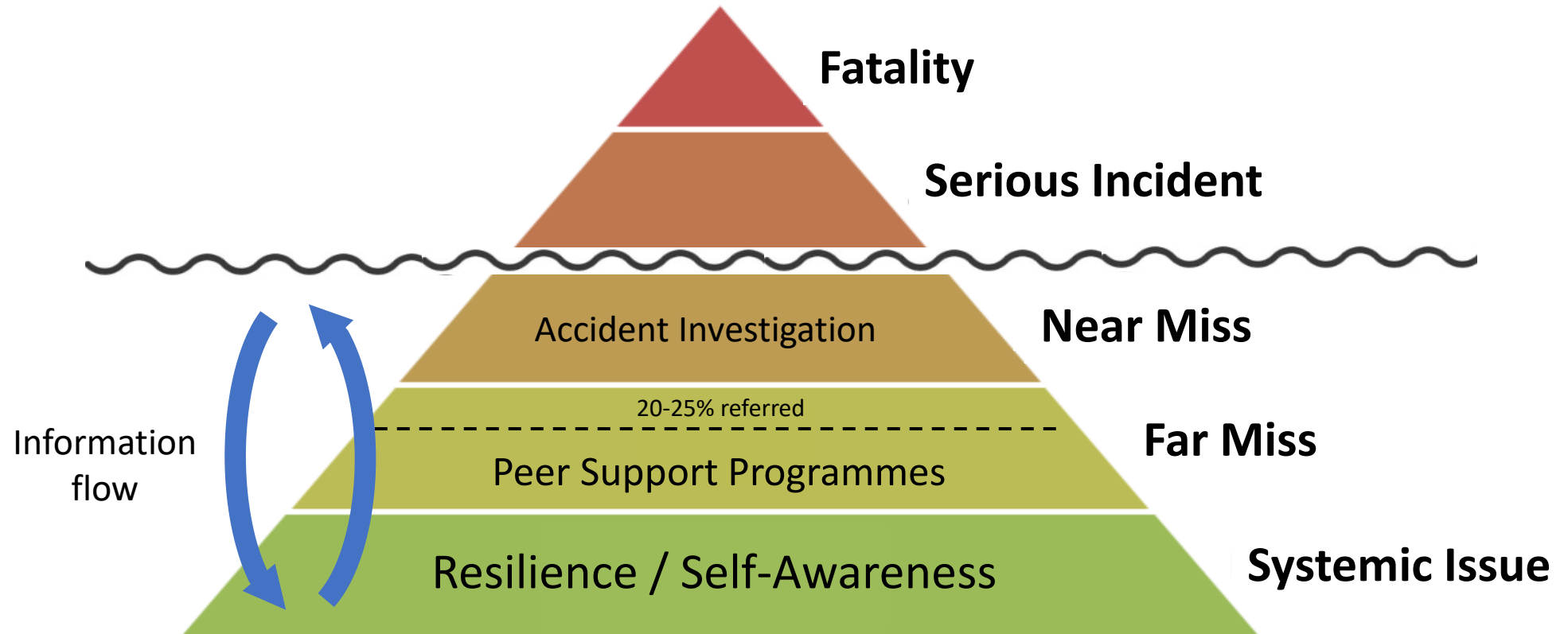
Heinrich Accident Triangle for Mental Health

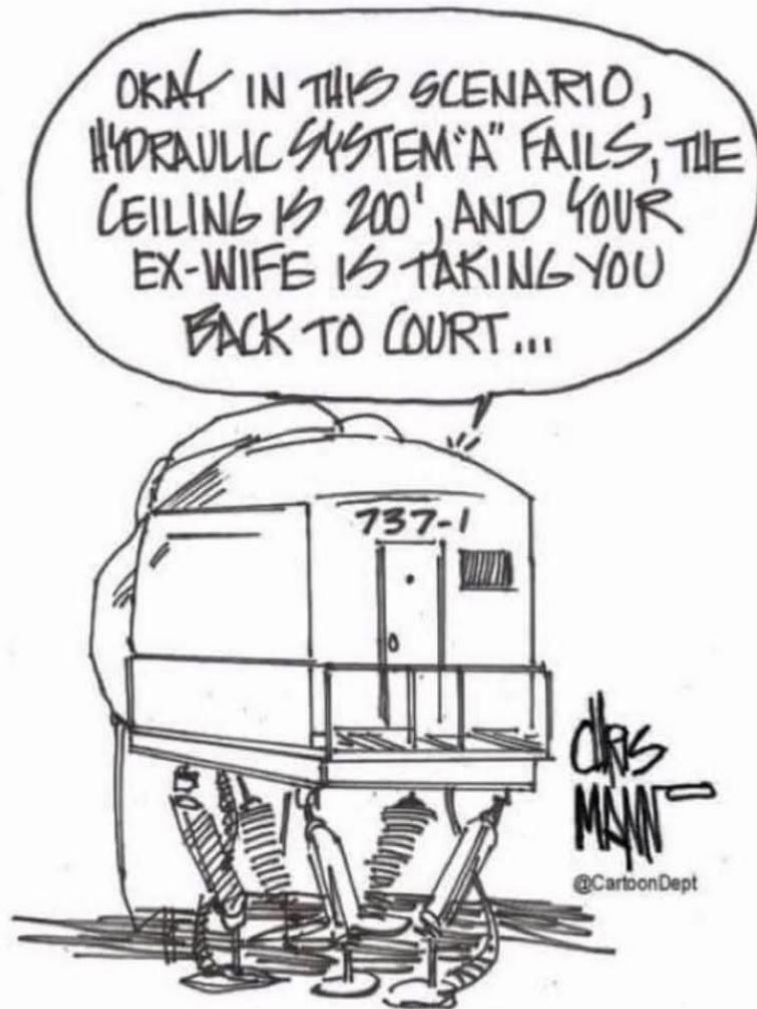
Air Mozambique / Egypt Air
Germanwings / MH370 /
China Eastern

Alaskan Airlines (2023)
Jet Blue (2012)
Ryanair (2005)



This is what we are thinking



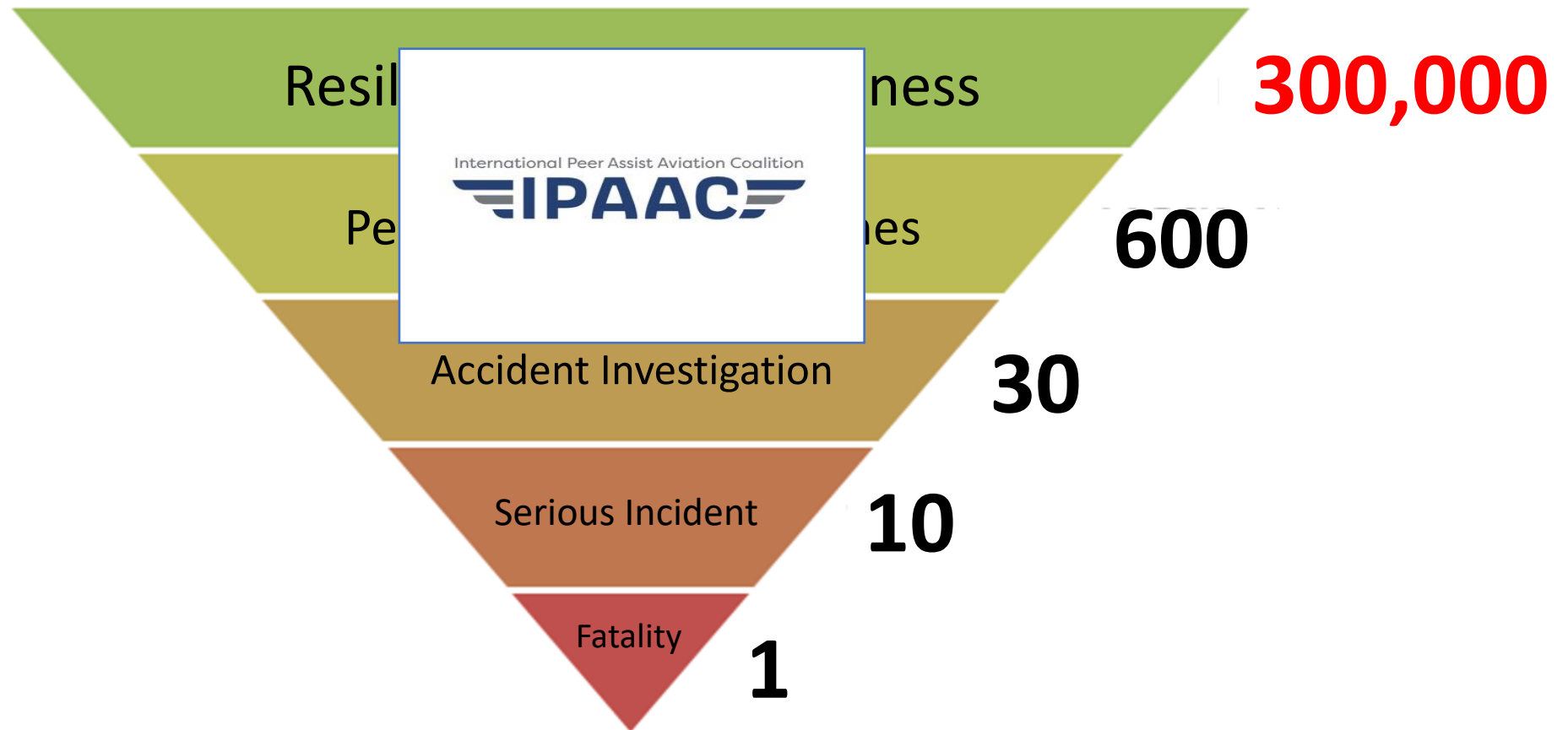


Part Three – Mental Health EBT?

Coda - The Susan Northrop Concept



Coda - The Susan Northrop Concept



International Peer Assist Aviation Coalition



“Mental wellbeing and performance issues in safety-critical aviation personnel which are **undisclosed, untreated and unmonitored** represent a significant threat to flight safety”

The IPAAC Mission Statement



International Peer Assist Aviation Coalition
IPAAC

IPAAC Annual Conference

November 10-13th, 2025

Montreal

www.ipaac.com

