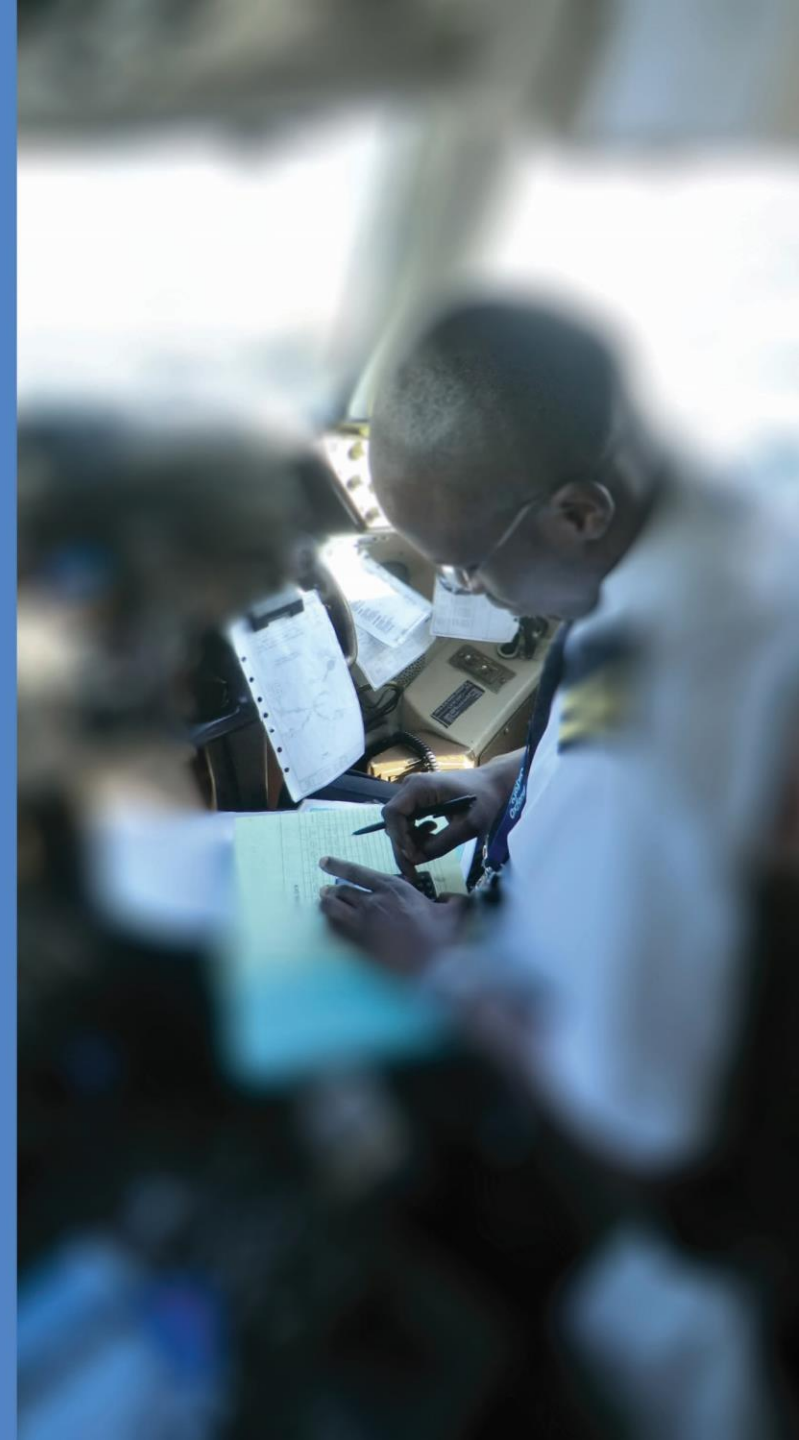


# Aviation Mental Health

It's time  
to talk  
about it.

Also in Africa....

AVIASSIST   
FOUNDATION





1. Active in human factors, aviation mental health since 2017
2. Peer Support training since 2022
3. No home-grown data
4. No narrative & no imagery that resonates with African professionals



So we adapt from this



PRESENTS

# Mental Health

For parents and youth 17+

HISTORY . STIGMA . ANXIETY . DEPRESSION . SUICIDE

A workshop by  
Dr. Sameera Ahmed

Sunday, September 30, 2018  
11:00 AM - 4:00 PM

Lunch will be provided.

Fee: \$10 to cover lunch.

Location: MAS Chicago Center  
9210 S Oketo Ave.  
Bridgeview, IL 60455

For more info: [youth@maschicago.org](mailto:youth@maschicago.org)  
Registration: [bit.ly/MASHealth](http://bit.ly/MASHealth)



This workshop is being implemented with the generous support from Islamic Relief USA



To this



**AviAssist**  
**Safety**  
**Promotion**  
**Centre**  
RWANDA

PRESENTS

# Mental Health

For cockpit & cabin crew



**AWARENESS - STIGMA - ANXIETY - STRESS - DEPRESSION**

*A seminar by*  
**Dr. Lucas van Gerwen**

*Wednesday, 14 September*  
*09:00 - 12:00*

**Location:**  
University of Rwanda  
Centre for Mental health

**For more info:** [research@aviassist.org](mailto:research@aviassist.org)  
**Registration:** [www.aviassist.org](http://www.aviassist.org)

**AVIASSIST** FOUNDATION  

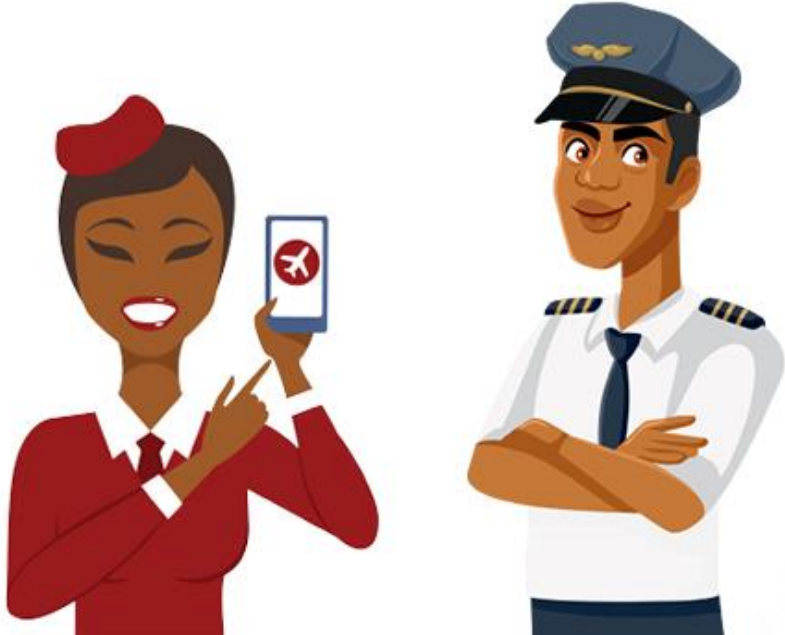




# WORKPLACE STRESS



**SUPPORT MENTAL HEALTH IN AFRICAN AVIATION  
TAKE OUR SURVEY**



# Research findings

- In comparison to the Western world, there is (almost) no research done on impact of work related stress and well-being under flying crew
- **Finding 1:** study involving 120 air crew members from Africa, **most significant work-related stressor identified was being contacted by airline operators with scheduling requests while off duty.** Participants also reported sleep difficulty as a prevalent well-being issue
- **Finding 2 Primary coping strategy observed is exercise,** with a significant number of participants engaging in physical activity
- **Finding 3: Clear demand for peer support programs** among air crew members
  - **29%** expressed a definite need for such a program
  - **54%** responded with a possibility
  - only **17%** indicated no requirement for peer support







# Opportunities

1. Careful appetite in the African industry but early days
2. Let's work with African universities – research capabilities growing & NextGen (NGAP)
3. Local language work required for research .... even in aviation
4. Given much bigger role of religion, working with pastoral support an option?

**Asante**

**Zikomo**

**Na gode**

**Nitumezi**

**Ameseagnalehu**

**Thank you**

**Murakoze**

