



May 5, 2024

May: Mental Health Awareness Month

SOAR - Support Outreach Assistance Resources PSP - Peer Support Program

May is Mental Health Awareness month.

To highlight the importance or normalizing mental health care in aviation, our SOAR peer pilot volunteers will be staffing a table at the Flight Training Center (FTC) daily, throughout the month. They will be supplying our pilot group with useful information materials and engaging in conversation about ALPA International's campaign "Are you in the Green?". This slogan, combined with the attached Mental Health Continuum, will continue to educate our pilots on the importance of mental health and its impact on fitness for duty.

If you are at the FTC in May, take a few minutes to talk with a SOAR volunteer to become familiar with what the program has to offer!

Jen Spilman, Chair
UAL ALPA MEC SOAR - PSP

ARE YOU IN THE GREEN?

SELF-CARE AND PEER SUPPORT

PROFESSIONAL CARE

HEALTHY

Normal Functioning

Normal mood fluctuations. Takes things in stride. Consistent performance. Normal sleep patterns. Physically and socially active. Usual self-confidence. Comfortable with others.

REACTING

Common and Reversible Distress

Irritable/impatient. Nervousness, sadness, increased worrying. Procrastination, forgetfulness. Trouble sleeping (more often in falling asleep). Lowered energy. Difficulty in relaxing. Intrusive thoughts. Decreased social activity.

INJURED

Significant Functional Impairment

Anger, anxiety. Lingering sadness, tearfulness, hopelessness, worthlessness. Preoccupation. Decreased performance in academics or at work. Significantly disturbed sleep (falling asleep and staying asleep). Avoidance of social situations, withdrawal.

ILL

Clinical Disorder. Severe and Persistent Functional Impairment

Significant difficulty with emotions, thinking. High level of anxiety. Panic attacks. Depressed mood, feeling overwhelmed. Constant fatigue. Disturbed contact with reality. Significant disturbances in thinking. Suicidal thoughts/intents/behavior.



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In Unity,

Brian, Dave, and Becca

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