

Current Status and Future Development of Peer Support in Japan



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ALL NIPPON AIRWAYS





WHAT is Peer Support and

WHY is it necessary

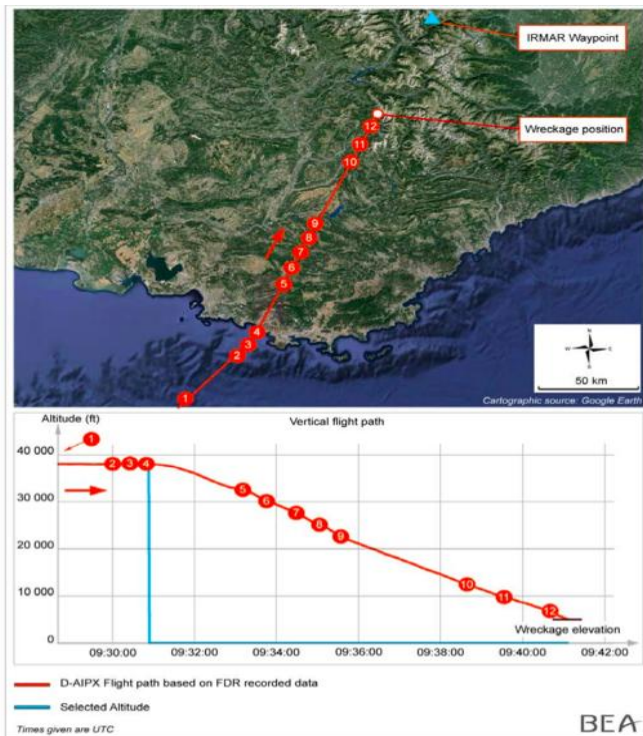
•Germanwings Flight 9525

The crash was **deliberately caused** by the first officer, who had previously been treated for **suicidal tendencies** and declared **unfit to work** by his doctor. He kept this information from his employer and instead reported for duty. Shortly after reaching cruise altitude and while the captain was out of the cockpit, he locked the cockpit door and set the plane to fly downward in a controlled descent into a mountain.



4 - SAFETY RECOMMENDATIONS

- 4.1 Medical evaluation of pilots with mental health issues
- 4.2 Routine analysis of in-flight incapacitation
- 4.3 Mitigation of the consequences of loss of licence
- 4.4 Anti-depressant medication and flying status
- 4.5 Balance between medical confidentiality and public safety
- 4.6 Promotion of pilot support programmes





WHAT is Peer Support and WHY is it necessary



Oct. 2023 Horizon Air 2059

- **History of depression**
- Mental state deteriorated following the death of a close friend
- **Consumed magic mushrooms** 48 hours before boarding (Psilocybin, hallucinogen, legalized in Oregon in 2020)
- **Had not slept for 40 hours**
- Suddenly threw his radio headset in the cockpit
“I am not okay,” “I ruined everything,” “I tried to kill everyone”
- **Attempted to shut down the engine** while airborne

Oct. 2023 Training Pilot

- Aviation University **student crashed** during flight training
- The crash is believed to have been caused by the student piloting the aircraft
- Left the following message for family and friends:
“I have troubles I cannot share. Sharing them would end my piloting career. Becoming a pilot was my childhood dream.”
- He had been **suffering from depression**
- Following this accident, the university established a peer support program



WHAT is Peer Support and

WHY is it necessary

FLYING

Why Pilots Don't Want To Talk About Mental Health—and Why They Should

Pilots get anxiety and depression just like many other people do, but they seem less likely to seek support and treatment. Why? How can we change it?

The New York Times

How to Screen Pilots and Protect Passengers

Airport
Technology

**SCIENTIFIC
AMERICAN.**

MENTAL HEALTH | OPINION

We Need to Change the System That Keeps Pilots from Seeking Mental Health Care

As travel ramps up again, our data show that many pilots refuse to seek health care out of fear
~~they will be rolled from flying~~

Healthcare avoidance behavior

US Pilots

56%

Canadian Pilots

55%



WHAT is Peer Support and WHY is it necessary

| Countries/Organization | Guideline |
|------------------------|---|
| U.S.A. | ARC (Pilot Fitness Aviation Committee Report) <ul style="list-style-type: none">Research conducted by the FAA, ASMA (Aerospace Medical Association), airlines, and ALPA members recommends the establishment of pilot peer support programs. |
| E.U. | EPPSI (European Pilot Peer Support Initiative) <ul style="list-style-type: none">Following the Germanwings accident, the European Aviation Safety Agency (EASA) has mandated that airlines within Europe establish peer support programs. |
| INDIA | <ul style="list-style-type: none">Indian domestic airlines are required to establish peer support programs. |
| ICAO | Promoting Mental Well-being During the COVID-19 Pandemic <p>In November 2020, ICAO issued the above notice, requesting airlines to implement peer support programs.</p> |

How PSP was Started in Japan

<< Established companies/organizations >>

16 AIRLINES + ALPA JAPAN

<< Company or organization preparing to launch >>

How PSP was Started in Japan

- Prepared a Japanese translation of the **EPPSI Guide**
(Available from: <https://eppsi.eu/>)



- Research and studies started by our members



PSP in Asia/Pacific Region



- ✓ Australia
- ✓ New Zealand
- ✓ Hong Kong
- ✓ India
- ✓ Singapore
- ✓ Japan
- ✓ Malaysia
- ✓ Kazakhstan
- ❑ Republic of Korea
- ❑ China?
- ❑ Thailand?
- ❑ Philippines?
- ❑ Vietnam?

Cultural Differences and Implementation



« Image like this? »»



Not showing much emotion

Considering others more than oneself

Not causing inconvenience to others

Aligning opinions with others

HIGH Context Culture



Cultural Differences and Implementation

《 IDOBATA - Meeting 》



“ Salon ”



IDO = Well

IDOBATA = around the well

In Japan, there is a long-standing custom called “Idobata-Kaigi” (“Well-Behaved Meeting”).

Cultural Differences and Implementation



➤ Introduction of salon style (**IDOBATA** - Meeting)



Cultural Differences and Implementation



- Many airlines deployed the program throughout the company

“ Why limit it to just pilots ! ”



2025 Korea Aviation Safety Forum



2025 대한민국항공안전포럼

Thank you!

