

fly ing high?



feeling low?



If you are feeling stressed, anxious or depressed you are not alone.

These are difficult times and the aviation industry recognises the need for increased investment in mental health and well-being services.

MAPS is a co-operative Peer Support Programme, offering you independent and confidential one to one support with a like-minded, non-judgemental peer. Funded by your industry, the service is free to you.

For further information visit www.talktopeer.com or scan the QR code above.

