

fly high?



feeling low?



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

Life can be difficult at times and the aviation industry recognises an increased need for supporting the mental health and wellbeing of safety facing employees.

Talk to a Peer is a multi-airline co-operative programme, offering you independent and confidential support from a like minded, non-judgemental peer. Funded by the industry, this is provided free to you.

For further information and to request support visit talktoapeer.com or scan the QR code

