



Member Update

A Message from NATCA and the FAA on Mental Health Resources

All,

We have recently experienced some sudden and tragic losses of life within our controller workforce and want to express our deepest sympathies to the families, friends, and coworkers of these safety professionals. They will be missed. While our thoughts are with their loved ones, our hearts go out to all that are struggling while recognizing the increase in suicides across our society. We continue work to break down barriers that prevent air traffic controllers from reporting mental health issues; however, we recognize that asking for help is hard. Fifty-four percent of Americans have been affected by suicide in some way, and it is the 11th leading cause of death in the United States.

Our immediate efforts focused on ensuring timely dispatching of Critical Incident Stress Management (CISM) teams to the respective facilities; however we also want to highlight the opportunities for those facing incredible challenges to seek help. In addition to CISM, we offer access to the Employee Assistance Program (EAP) that provides in-person and virtual therapy options to help with many challenges including stress, anxiety, and grief.

You can contact them in the following ways.

PHONE: (800) 234-1327 | **TTY Users:** (800) 456-4006

Log on to: www.magellanascend.com.

We recognize the increased workload on our workforce as we maximize hiring and training while working increased levels of traffic and work together to mitigate fatigue. As we are in the holiday period, known for so much joy in our lives, we want to offer help to those that may be struggling and emphasize the importance of what you do every day and how much you mean to all of us. Help is available and your mental and physical wellbeing is important to us. Please do not hesitate to reach out to your NATCA facility representative, manager, or EAP.

Sincerely,

Nick Daniels
NATCA President

Tim Arel
Chief Operating Officer
FAA ATO

[Visit our Website](#)



NATCA | 1325 Massachusetts Ave NW | Washington, DC 20005 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)