

Mind over Mayday: Navigating Pilot Stress and Mental Fitness

What's Up!?! Know. Learn. Fly. Webinar

May 21, 2026

- Resources
 - AOPA Mental Health Resource Center
 - <http://AOPA.org/MentalHealthResources>
 - ASI Expert Insights
 - <https://elearning.aopa.org/client/app.html#/courses/100048?module=100064§ion=102752>
 - Pilot Mental Fitness – FAA
 - <https://www.faa.gov/pilot-mental-fitness>
 - Special Issuance Certification for Depression with Antidepressant Usage - AOPA
 - <https://www.aopa.org/go-fly/medical-resources/health-conditions/mental-health/special-issuance-certification-for-depression-with-antidepressant-usage>
 - Mental Health: Attention Deficit/Hyperactivity Disorder (ADHD) - AOPA
 - <https://www.aopa.org/go-fly/medical-resources/health-conditions/mental-health/add-and-adhd>
 - Specifications for Neuropsychological Evaluation
 - <https://www.aopa.org/go-fly/medical-resources/health-conditions/mental-health/specifications-for-neuropsychological-evaluation>
 - Where to find Aviation Savvy Counselors (Aviation Mental Health Directory)
 - <https://amhdirectory.com/>
 - FAA Guide for Aviation Medical Examiners
 - https://www.faa.gov/ame_guide