



**ALPA
Japan**

日本乗員組合連絡会議

ALPA Japan Peer Support Program

ALPA Japan Pilot Assistance Chair

ALPA Japan Vice President

ANA Crew Association B787 Captain

Retsu Akutsu

What is ALPA Japan



One of the member of IFALPA

14 Union Members

More than 5000 pilots

History of Peer Support ALPA Japan

- PTSD Stress Management with Dr. Tsutsumi from 2003
- Critical Incident Stress Management from 2004
- Pilot Assistance from 2022



ALPA Japan Pilot Assistance Programs

- Aeromedical
- Alcohol/Drug issues
- Pilot Training Assistance
- Professional Standards
- Well being
- Critical Incidents



Key Components

- Peer Support Volunteer
- Confidentiality
- MHP Dr. Keiko Nakahama
- Gateway Coordinator Takuo Tsuchiya
- Steering Committee PSV
- Legal and HUPER committee
- Free counseling maximum 5 time

JAL 516 2nd Jan 2024

- Zoom meeting at 9 pm
- called on all union stakeholders involved after the accident
- PSV, MHP, Lawyer, LGL chair, AAP chair, HUP chair, PA(Pilot Assistance) chair, coordinators, ATC Union peer support chair, Cabin union peer support chair
- discussed future problems and countermeasures including the mental health issues for individual.
- The coordinator held total of 3 Zoom meetings for mental health with PSV within 1 month.

Thank you

ALPA Japan Pilot Assistance
Chair

Retsu Akutsu

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