



30 Park Street
London
SE1 9EQ

office@ukmpa.org

Circular 9/23
27 June 2023

Mental Health Support Campaign 'Safe Haven'

In these recent times, we understand that some members have faced unusual and stressful situations. We want to assure you that support is now available to each one of you through our new initiative called 'Safe Haven'.

The 'Safe Haven' initiative has been established by one of our own members who is trained in the field of mental health. Its purpose is to provide comprehensive support to all members, and we are excited to outline what it entails:

1. **Web Contact Form:** We have introduced an email service that allows you to communicate via messaging, providing a comfortable alternative to phone calls.
2. **Hotline:** You can now connect with a fellow pilot who is qualified in the field of mental health. They are ready to lend a listening ear and offer valuable support.
3. **Links:** We have compiled a list of professional mental health support services that can be accessed through our website. These resources are readily available for your convenience.

To access our mental health support page, simply log on to the UKMPA website and navigate to the 'Members Area'. There, you will find more detailed information on how to avail yourself of these valuable resources.

Remember, we want to break the stigma surrounding mental health. It is important to us that every member knows we are here to talk and provide assistance during times of need. Please do not suffer in silence. Let's start the conversation and support one another.

We believe that together we can make a difference. Stay strong, stay connected.

If you need assistance logging into the UKMPA website, please use the contact us link on website.

Many thanks for your continued support.

Yours faithfully,

The Executive Committee

www.ukmpa.org