

## **NAFI 2025 - Supporting Pilot Health and Well-Being - At the PPC Education Center**

### **Event Details**

CFIs are often the first to notice when a student pilot is struggling. This session will equip CFIs with practical strategies to recognize signs of distress, normalize discussions of stress and wellness, and model effective IMSAFE decision-making in training environments. Drawing on recent research and real-world advocacy from the Pilot Mental Health Campaign, attendees will receive an update on mental health policy reforms and how they affect student pilots. Topics include assessing and identifying stress levels in student pilots, differentiating between stress and distress, how to talk about stress without increasing stigma, understanding FAR 61.53 and the AME guide, and how to refer a student to mental health resources without stepping beyond a CFI's scope.

**Fri, Jul 25, 2025 at 10:00 CDT**

**PPC Education Center**

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Oshkosh, WI



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PRESENTED DURING THE EAA AIRVENTURE  
FLY-IN. NO FEE FOR THE NAFI  
PRESENTATIONS, BUT AN ENTRANCE FEE IS  
REQUIRED BY EAA AIRVENTURE TO ENTER  
THE GROUNDS.

FOR MORE INFORMATION ON EAA  
AIRVENTURE ADMISSIONS VISIT

<https://www.eaa.org/airventure>

The PPC Education Center is connected to the EAA Aviation  
Museum.

**A message from the National FAASafety Team Manager**

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The FAA Safety Team (FAASafety Team) is committed to providing equal access to this meeting/event for all participants. If you need alternative formats or services because of a disability, please communicate your request as soon as possible with the person in the “Contact Information” area of the meeting/event notice. Note that two weeks is usually required to arrange services.