

## ASCEND 2026 - Pilot Mental Health 2026

Conversation about mental health is on the rise, and those in aviation search for more information. One issue is balancing the rigors of flight training and the stress of being a pilot with the risk of losing your license because of a single diagnosis. In this discussion, we will explore the balance and identify ways to keep yourself and your students safe while minimizing the risk to your license to fly. Audience members will learn where to find guidance on the FAA's rules on mental health diagnosis, how to help their clinical provider help keep them safe, and ways that public awareness and FAA modernization have helped balance the safety of the airways while keeping pilots on the job.

Follow the signs to the ASCEND Flight Training Summit meeting rooms

### A message from the National FAASTeam Manager

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### Event Details

**Wed, Sep 9, 2026 at 15:30 CDT**

**Crowne Plaza Dallas Market Center**

7050 N Stemmons Freeway  
Dallas, TX



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The FAA Safety Team (FAASTeam) 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.