ANXIETY, DEPRESSION, AND RELATED CONDITIONS (ON TREATMENT)

All Classes
(Updated 11/18/2026)

A. Treated with a single approved medication with or without counseling/therapy	**After 90 days on a stable medication dose and symptom-free,** obtain and submit for FAA review: 1. **Personal Statement:** Typed, signed, and dated addressing all required items. 2. **FAAR Neuropsychologist Evaluation:** Complete report and cognitive testing battery. 3. **Complete Mental Health Records:** Treatment history from all past and current providers. 4. **Clinical Evaluation & Checklist** *(choose based on your prescriber)*: • **If your prescriber IS a Board-Certified (BC) Psychiatrist:** ○ Recent clinical **progress note** (< 90 days old) from your treating psychiatrist. It must include: history of the condition/diagnosis, current medications and dosages, side effects (or absence of them), clinical exam findings, test results, diagnosis, assessment/prognosis, and follow-up plan. ○ **Mental Health History Checklist** completed and signed by your treating psychiatrist. • **If your prescriber is NOT a BC Psychiatrist** *(e.g., PCP, NP, PA)*: ○ Recent clinical **progress note** from your treating provider. ○ **Comprehensive psychiatric assessment** from an independent BC Psychiatrist. ○ **Mental Health History Checklist** completed and signed by the evaluating BC Psychiatrist.	**DEFER** Submit the information to the FAA for a possible Special Issuance. Annotate (elements or findings) in Item 60.

Notes:
Who Do I Need to See? Navigating FAA Mental Health Evaluators
Situational Depression - AME should use the Situational Depression Disposition Table
FAA-acceptable antidepressants – Antidepressant Medications

Want to make sure you have all the necessary documents? Use the Antidepressant Initial Certification Document Checklist.