

## **Therapy, Psychotherapy and Counseling Information: Pilots / ATCS**

(Updated 5/27/2026)

### **Mental Health Counseling: A Guide for Pilots and Air Traffic Control Specialists (ATCS)**

Maintaining mental health is crucial for ensuring both safety and operational performance. Counseling or therapy is encouraged when medically appropriate.

If you are undergoing or contemplating counseling, see the following resources:

1. See your therapist, counselor, physician, or provider and get healthy.
2. If questions see, "[Therapy, Psychotherapy, and Counseling FAQs for Pilots and ATCS.](#)"
3. Bring your therapist a copy of "[Information for Psychotherapists Treating Pilots and ATCS.](#)"