



Dear Horizon Air Flight Attendants,

Starting September 2025, Horizon and the Association of Flight Attendants are launching a collaborative effort in support of Flight Attendant mental health awareness. Flight Attendants play a pivotal role in ensuring the safety, comfort, and satisfaction of our guests, often facing unique stressors inherent to the nature of this work. It is imperative that we foster an environment where mental health is openly discussed, supported, and prioritized. Together, we can create a workplace culture that values and prioritizes the mental health of every individual.

The aim of this campaign is threefold:

1. Raise awareness: Through educational initiatives, we aim to raise awareness about common mental health challenges and provide resources for coping strategies and seeking support.
2. Destigmatize mental health: We strive to break down the stigma surrounding mental health issues, encouraging open dialogue, and promoting a culture of understanding and empathy within our aviation community.
3. Provide support: We are committed to offering comprehensive support services and resources tailored to the unique needs of our flight attendants, including access to counseling, peer support networks, and self-care resources.

We recognize that mental health is a journey, and we are dedicated to accompanying our Flight Attendants every step of the way. By prioritizing awareness and support, we not only enhance the well-being of our cabin crew members but also strengthen the resilience and effectiveness of our entire team.

We invite all Flight Attendants to join us in this important initiative as we embark on this campaign toward greater awareness, understanding and support. Below is a snapshot of the monthly topics and challenges that will be shared over the fall/winter of 2025.

- September Building Emotional Resilience: Strategies for Horizon Flight Attendants
- October Nutrition and Mental Well-Being for Horizon Flight Attendants
- November The Power of Gratitude: Cultivating a Positive Mindset
- December New Year, Clear You: Setting Achievable Well-Being Goals

For further information and resources, please visit [Jump Seat Wellness](#) on Team AAG.

Sincerely,

A handwritten signature in black ink, appearing to read "Robin DeMan".

A handwritten signature in black ink, appearing to read "LDW".

Robin DeMan, Managing Director, Inflight and Lisa Davis Warren, Horizon Air AFA Master Executive Council President