



Struggling with compassion fatigue? We're here to help.

Compassion fatigue, also known as secondary traumatic stress, occurs when professionals take on the suffering of those in their care who have experienced a traumatic incident. Symptoms can include depression, anxiety, difficulty concentrating or performing your duties, exhaustion and more.



A Union of Professionals

AFT +
Member Benefits

FREE Trauma Counseling

Every year, millions of children endure abuse, violence, bullying, family dysfunction, disasters, racism and other traumatic events, all of which can lead to emotional and behavioral health problems that can present in school.

For AFT members involved in the education and care of these children, the mere act of listening to and seeing the effects of these traumas can take a toll both professionally and personally. The AFT provides counseling for this incident-based secondary trauma, free to all working and on-leave members.

If you have experienced this secondary trauma at work and would like to speak with a counselor with a master's degree (or higher) or would like to learn more about the benefits of Trauma Coverage, log in to your member benefit portal. ▼

