



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, more and more of our college faculty and staff are working closely with students who are suffering the traumatic effects of homelessness, rising levels of hunger, lack of access to mental health care, racism, substantial debt burdens and other traumatic events. All of which can lead to emotional and behavioral health problems that can present in the college setting.

For AFT members involved in the education of these students, listening to and seeing the effects of these traumas can take a toll both professionally and personally. As a resource to all active and on leave members, the AFT provides free counseling for this incident-based secondary trauma.

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. ▼

