



## Key Trauma Counseling Features:

### ELIGIBILITY

Active, dues-paying PEF members who are actively working, or on leave status, receive up to three (3) months of counseling at no cost.

### CONVENIENT & CONFIDENTIAL

Therapy re-invented for the way we live. Talk with a therapist from multiple devices. Sessions take place over video, phone, or text.

### SECURE & CONFIDENTIAL

Enjoy secure, password protected access to your own private therapy room that only your therapist sees.

### HIPAA-COMPLIANT

Your privacy is taken seriously. The entire platform is HIPAA-compliant and respectful of all your information.

### SPECIALIZED TREATMENT

Incident-based trauma counseling from a licensed Master's level or higher skilled therapist.

### CLINICALLY PROVEN

The trauma counseling benefit delivers evidence-based, measurable, clinical outcomes that make a real difference in the lives of members.

### Visit [pefmbp.com](https://pefmbp.com) for:

- Covered incidences as defined
- Answers to frequently asked questions
- Information on how to submit your Inquiry Form regarding eligibility

Before submitting your Inquiry Form to determine if you are eligible to receive Trauma Counseling, please verify the following:

- The incident occurred within the past year
- It's a covered incident
- And you're an active, dues-paying member of PEF

*If you are experiencing a mental health crisis and having thoughts of hurting yourself, you should promptly call the Suicide Prevention Lifeline at (800) 273-8255 or 988.*

*Learn more about the Suicide Prevention Lifeline at [lifeline.org](https://lifeline.org).*



MEMBERSHIP  
BENEFITS PROGRAM

10 Airline Drive | Suite 101 | Albany, NY 12205 | [pefmbp.com](https://pefmbp.com)  
(518) 785-1900 | (800) 342-4306, ext. 243



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