TRAUMA COUNSELING

Natural disasters, terrorist attacks, domestic violence, school violence, and sexual assault are among the most widely recognized causes of trauma, but trauma can also result from exposure to, or even one's direct experience to the tragedies of daily life, such as the sudden loss of coworkers. Most people experience one or more such events in their lifetime.

Trauma Counseling seeks to explore your emotional and physical reactions to the event. It seeks to find ways of helping you to process what has happened to you, and to help you cope with any reactions that you may be having, so that the trauma moves from being a current problem, to a memory.

The American Federation of Teachers (AFT), primary provider of the Trauma Counseling Benefit, is making it possible for PEF MBP to extend this free trauma counseling benefit to PEF members—to provide help and healing from an assault that took place at work or at home, whenever needed, and wherever a member may be.

COVERED INCIDENTS

To receive this free benefit, active, dues-paying PEF members may inquire about eligibility for trauma counseling for up to one year after experiencing one of the following incidents listed below, while at work or home. If you are uncertain whether or not you qualify for this no cost benefit, we encourage you to submit an inquiry form and a representative will contact you. You may also reach out to Eric Hukey at (855) 631-1421 or email eric@traumacoverage.com with any questions your may have.

24/7:	AT WORK:
Aggravated assault	Bullied, harassed, or threatened
Domestic violence	Traumatized by witnessing a violent incident
Sexual assault	Infection by contagious disease
Mass shootings	Secondary trauma*
Acts of terror	
Major disaster	

**Secondary traumatic stress is the emotional duress that results when an individual hears about the firsthand trauma experiences of another.*

Key Trauma Counseling Features:

ELIGIBILITY

Active, dues-paying PEF members who are actively working, or on leave status, who experience a work or at home incident, are eligible to receive up to 21 sessions of trauma counseling for up to one year after the date of the covered incident.

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.

Scan the QR code to learn about:

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

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

- The incident occurred at work or at home, 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.

PEF MEMBERSHIP BENEFITS PROGRAM

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