



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

The heroes of AFT Healthcare give their all to the people and communities they serve. In this environment, the day-to-day physical and emotional demands can take their toll.

Nurses and healthcare professionals who take on the suffering of patients who have experienced trauma or stress may find it difficult to function 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. ▼

