

CEA is here to help members focus on themselves and their own well-being.



While many factors contribute to the high levels of stress teachers are experiencing, perhaps most significant are the impacts of the pandemic on students, teachers, and their families; the increase in the number of students coming to school with serious mental health and emotional problems, violent outbursts, and withdrawn behaviors; the current political landscape, marked by a lack of trust and respect; and the teacher shortage that has educators working harder than ever.



Positive Directions is a nonprofit behavioral health organization providing a continuum of prevention, treatment, and recovery supports for mental health and/or substance use challenges. Their state-licensed outpatient treatment clinic consists of a multidisciplinary team of clinicians and prescribers providing individual and group therapy, as well as medical management, to adolescents and adults. Treatment areas include anxiety, depression, grief and loss, trauma, and more.



Register for the free counseling sessions at cea.org/mental-health-support-group-counseling.



Have questions? Want more info?
Email teacherwell-being@cea.org.

TEACHER WELL-BEING

Get The Support You Need



CEA has contracted to offer free confidential mental health group counseling for our members to provide support, healing, and innovative strategies that foster wellness and avoid burnout.

TEACHER WELL-BEING IS PARAMOUNT

With the right support for managing stress, opportunities to connect with colleagues, and access to counseling experts, CEA is helping teachers focus on their own mental health and wellness.

"After the past few years, taking care of teachers is vital. Teachers who have strategies to manage their own stress and secondary trauma are in a good place, where they can give their best to caring for and educating their students."

*Kate Dias
CEA President*



TEACHERS' HEALTH, SAFETY, AND WELL-BEING

If you are feeling overwhelmed or highly anxious, **you are not alone.**

We understand that teaching is difficult work, and the pandemic has put even greater pressure on educators.

CEA, in partnership with Positive Directions, has designed a special program that focuses on your mental health needs and helps prevent burnout.

Licensed clinicians will facilitate two virtual group counseling sessions for CEA members:

1. General Support Group

Trained clinicians will help educators manage stress and learn effective coping strategies to prevent burnout.

2. DCF Support Group

When a teacher is accused of improper conduct, it can be scary and stressful. Licensed clinicians will lead this group and provide counseling and support for educators involved in Department of Children and Families investigations. The DCF Support Group will offer tools for building resilience and dealing with the emotional trauma and upheaval caused by accusations of wrongdoing and attacks on a teacher's reputation.

Both groups will be conducted by trained clinicians and are confidential. Only CEA members will participate in these sessions, and space is limited.

Providing these unique counseling sessions will help teachers manage their symptoms and reinforce that they are not alone.



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