

The Harrison Electrical Workers Trust Fund is proud to announce a **NEW** mental health benefit!

KETAMINE-ASSISTED THERAPY (KAT)

When traditional therapy and medications haven't been enough, KAT offers a different way forward.

What is Ketamine-Assisted Therapy (KAT)?

Ketamine is a safe, FDA-approved anesthetic that has been used in hospitals and medical settings **for over 50 years**. At low doses, it helps your brain **break old patterns that cause depression, anxiety, PTSD, and emotional pain**.

KAT combines **low-dose ketamine treatments with talking to a mental health professional** to help you heal from the inside out — **even when nothing else has worked**.



Creates new brain pathways for healing



Helps you process what's been bottled up



Often works when traditional therapies fall short

How It Works

- 1 Screening & Medical Evaluation**
A licensed provider evaluates your health and determines if KAT is a good fit.
- 2 Preparation**
You meet with a therapist to set goals before starting.
- 3 Ketamine Sessions**
You receive ketamine which is administered by a health professional in a relaxing, monitored environment.
- 4 Integration Therapy**
After each session, you meet with your therapist to process and apply what surfaced.

Typical Plan: 4–6 sessions over 3–4 weeks



Who Might Benefit?

- Depression
- PTSD (work, life, or military trauma)
- Anxiety and constant stress
- Substance use dependency
- Suicidal thoughts
- Burnout and emotional exhaustion

Is It Safe?

- **Yes**, used safely in hospitals for decades
- Careful screening to ensure KAT is appropriate
- Given at much lower doses for therapy
- Side effects are mild (you might feel a little tired, dizzy, or emotional for a bit)

You're fully monitored by medical staff during every session and work with a trained therapist after each session.

Why It Works

Instead of numbing the symptoms, KAT:

- Boosts your brain's ability to create new, healthier pathways
- 65% of patients with hard-to-treat depression see real improvement
- Backed by Johns Hopkins, Yale, NIH, and FDA-approved research

**Ready To Learn More?
Access Your Member Portal:**



To search for a provider & more:

www.enthea.com > login > member login email:

**Enthea+HarrisonElectricalTrust@enthea.com
password: **HarrisonBenefits!****

Questions? Call/Text: (617) 297-7237 or email: members@enthea.com



Enthea | Different path. Different results.

Your Ketamine-Assisted Therapy Journey through Enthea

You've tried the usual stuff — pills, talk therapy, or nothing at all. If it's not working, you're not out of options. Small steps. Big change. **Start here.**

