

ease: your source of assistance in times of trouble

*Strength is the
courage to reach out.*

Let our Counselors help.

ease is there for you

Personal problems getting you down?
Interfering with your work? **ease**
counselors will discuss your problem with
you, help you find new ways of dealing
with it and support your steps toward
resolving it.

ease provides professional counselors
who can help school district employees
with the following problems:

- family troubles with spouse or children
- emotional distress
- drug or alcohol abuse
- on-the-job anxieties and stress
- grief, loss, and transitions

If long-term assistance is needed, our
counselors can help you locate an
appropriate specialist, self-help group, or
other community resource. Some self-help
groups are free; other services may be
covered by your health insurance.

ease is an additional benefit and
specialized program available to you; it is
paid for by your district.

ease services are not only for you, but
also your immediate family members too.

ease respects your privacy

Our offices are separate from school
district sites and the Los Angeles
County Office of Education. No one
will be told of your contact with **ease**.

Should you wish information to be
released to a specific person, a consent
form signed by you must be on file with
ease.

ease can help in many ways

- problem resolution (our specialty)
- critical incident stress management
- anger management
- phone consultations
- legal or financial referrals
- community referrals

Put yourself at ease

No one can help you with your personal
problems until you ask for assistance.
Getting help begins with you. Make that
call to **ease** today. Our services are
immediate and confidential.

1-800-882-1341

ease

help when you need it

Free confidential help for

- Family Troubles
- Emotional Distress
- Drug/Alcohol Problems
- Job Stress

1-800-882-1341



Employee Assistance Service
for Education

8345 Firestone Blvd., #205

Downey, CA 90241

Phone: (562) 922-6683

www.lacoe.edu/ease

A service of the Los Angeles County
Office of Education and member school
districts



**Los Angeles County
Office of Education**

Serving Students • Supporting Communities • Leading Educators

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Prepared by LACOE Communications



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Better
with**



**Employee Assistance Service
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