



**Los Angeles County  
Office of Education**

Leading Educators ▪ Supporting Students ▪ Serving Communities

**Division of Human Resources Services**



## **E**mployee **A**ssistance **S**ervice for **E**ducation

10630 Downey Avenue, #100 • Downey, CA 90241-3463 • 562/922-6683

***“Strength is the courage... to reach out!”***



Personal or job stress getting you down? Interfering with your job performance?

**THERE IS HELP AVAILABLE**

As an employee of your district, you have access to the EASE program, a specialized counseling service...

- ✓ paid for by your district
- ✓ endorsed by labor and management
- ✓ staffed by professional counselors
- ✓ voluntary and CONFIDENTIAL



EASE provides face-to-face counseling, phone consultations and community referrals. Immediate family members are included.

**1-800-882-1341**

EASE counselors specialize in:

- family troubles
- emotional distress
- drug/alcohol problems
- job anxieties and stress
- grief, loss, transitions



EASE is primarily an assessment and brief counseling service and is best defined as a pre-treatment service. The emphasis is on early identification of problems affecting work performance, consultation with managers, labor representatives, employees and pro-active intervention. EASE is not a substitute for a district’s health-care plan. It is, however, a beneficial and effective extension of the provider plan.

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