



**Los Angeles County
Office of Education**

Leading Educators ▪ Supporting Students ▪ Serving Communities
Division of Human Resources Services



Employee **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 proactive 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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