



Employee Assistance Service  
for Education

10630 Downey Ave., #100  
Downey, CA 90241-3463  
Phone: (562) 922-6683  
[www.lacoe.edu//ease](http://www.lacoe.edu//ease)

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



**Los Angeles County  
Office of Education**

Leading Educators • Supporting Students • Serving Communities

9300 Imperial Highway  
Downey, California 90242-2890  
Phone: (562) 922-6111  
[www.lacoe.edu](http://www.lacoe.edu)

Arturo Delgado, Ed.D., *superintendent*

Prepared by LACOE Communications

---

# ease

## help when you need it

Free confidential help for

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

**1-800-882-1341**

---



**Los Angeles County  
Office of Education**

Leading Educators • Supporting Students • Serving Communities



# Live Better with



Employee Assistance Service  
for Education

# **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**