



Office of Labor Relations



## Employee Assistance Service for Education

9525 Imperial Highway, Suite 800 • Downey, CA 90242 • 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...

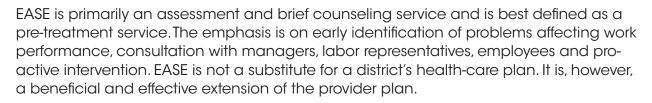
- ✓ paid for by your district
- ✓ endorsed by labor and management
- ✓ staffed by professional counselors
- ✓ voluntary and CONFIDENTIAL

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



Los Angeles County Office of Education 9300 Imperial Highway, Downey, California 90242-2890 Phone (562) 922-6683 Fax (562) 922-6690 www.lacoe.edu/ease

Debra Duardo, M.S.W., Ed.D., Superintendent Arthur Cunha, Ed.D., Chief Human Resources Officer



