



**Los Angeles County  
Office of Education**

Serving Students ■ Supporting Communities ■ Leading Educators  
**Office of Labor Relations**



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

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



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.

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](http://www.lacoe.edu/ease)

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