
ease

help when you need it

Free confidential help for

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

1-800-882-1341



Employee Assistance Service
for Education

10630 Downey Ave., #100

Downey, CA 90241-3463

Phone: (562) 922-6683

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

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**Los Angeles County
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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