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# ease

## help when you need it

Free confidential help for

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

**1-800-882-1341**

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Employee Assistance Service  
for Education  
12830 Columbia Way, ECW 500  
Downey, CA 90242  
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**

Serving Students • Supporting Communities • Leading Educators

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Prepared by LACOE Communications



**Los Angeles County  
Office of Education**

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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**