

# Be well with support from EASE

EASE provides virtual and face-to-face counseling, phone consultations, community referrals, and resources. Our services also include immediate family members (children up to age 26).

Make your mental health a priority and seek the support you deserve. Our professional counselors can help you overcome challenges, build resilience and foster positive mental well-being.



## EASE counselors specialize in concerns with:

- Family
- Emotional distress
- Work
- Stress management
- Grief and loss
- Anxiety and depression
- Life transitions
- Conflict resolution
- Substance abuse
- Critical incident support

## Our Services



### 24/7 Hotline

Unlimited access to 24 hour hotline to speak with a professional counselor



### Individual Counseling

Individual counseling with a professional counselor



### Conjoint Counseling

Referrals for couples or family counseling with a professional counselor

## Join our Workshops and Trainings

EASE offers specialized training, professional development, and resources for leadership and employees. Please feel free to contact us to learn more about our services and how we can support you on your journey.

### CONTACT US TODAY



### Employee Assistance Service for Education

9525 Imperial Highway, Suite 800  
Downey, CA 90242



[www.lacoe.edu/services/staff-support/ease](http://www.lacoe.edu/services/staff-support/ease)



562-922-6683



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# 24/7 EASE Hotline: 1-800-882-1341