Personal or job stress getting you down? Interfering with your job performance?

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 pro-active 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.