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
Employee Assistance Service for Education

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

ease
Employee Assistance Service for Education

Los Angeles County Office of Education

lacoe.edu/ease

562-922-6683
ease@lacoe.edu

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