As a Los Angeles Unified School District employee you have access to the EASE program, a specialized counseling service which provides telehealth, face-to-face counseling, phone consultations and community referrals.

- Voluntary and CONFIDENTIAL
- Staffed by professional counselors
- Endorsed by labor and management
- Paid for by LACOE ESSER III Funds

**EASE HOTLINE: 1-800-882-1341**

**Get Support:**
- 24/7 Hotline
- No Waiting Lists
- Confidential

**EASE Counselors Specialize in:**
- Family Troubles
- Emotional Distress
- Drug/Alcohol Problems
- Job Anxieties & Stress
- Grief, Loss, Transitions