“Strength is the courage... to reach out!”

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

**THERE IS HELP AVAILABLE**

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 proactive 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.