## **INTRODUCTION TO PROBATION SUPPORT SERVICES** PSS OFFERS CONFIDENTIAL ONE-ON-ONE THERAPY AT NO CHARGE FOR PROBATION DEPT.

We don't always like to talk about it, but we can all be overwhelmed with the rigors of careers and home life. Stress from work, family, mounting bills, and other challenges can adversely affect our health, productivity, and simply decrease the joys of living. As an officer or staff member of the Los Angeles County Probation Department, we have a support system in place for when we are feeling the pressures of life.

Probation Support Services (PSS) have over twenty-five years' experience working with the LA County Probation Department. Along with services like pre-employment evaluations, critical incident debriefings, and consultations, the PSS staff specialize in helping to overcome alcohol and substance abuse, post-traumatic stress disorder, and death and bereavement issues. With PSS, employees can "talk out" personal and professional problems – big or small – with qualified therapists, as well as learn about methods for stress management, and acquire the skills to overcome all kinds of situations. Working in a high-risk environment brings unique challenges, sometimes needing unique solutions. The staff at Probation Support Services are exceptionally qualified to offer assistance to officers and staff of the probation department.

PSS offers remote or in-person professional sessions with flexible scheduling including evenings and weekends. All counseling services are confidential and are of no cost to employees of Los Angeles County Probation Department. Employees are allotted as many as ten sessions annually. Probation News

If you would like to know more about services provided by PSS, please contact 24/7:

Ph: 818-788-8016 Email: <u>info@probationsupportservices.com</u> <u>www.probationsupportservices.com</u>

