



STATE OF NEW JERSEY CIVIL SERVICE COMMISSION

EMPLOYEE ADVISORY SERVICE

Support • Empowerment • Growth

EAS IN ACTION: RESOURCE PAGE

CONTACT US

OUTREACH PROGRAM

We offer in-person or virtual sessions to educate employees and/or supervisors/managers about the support services available to them year-round. Our Outreach Program promotes workplace wellness by ensuring staff know that help is always accessible. If you have any concerns or need support, consider taking advantage of the resources provided by EAS. Our Outreach Team will visit your agency to inform employees about the free benefits that we provide, and how they can request our services. Ask your Human Resources Department to schedule an information session for your team today.

WELLNESS WORKSHOPS

Is your agency looking to strengthen team cohesiveness, support employee well-being, or enhance workplace productivity? Our EAS Counselors can help.

Wellness Workshops support supervisors, managers and HR with practical tools and strategies to help employees and teams thrive. Sessions can be uniquely designed to meet your agency's needs, with topics including ways to strengthen workplace relationships, communication, reduce stress and anxiety, and develop a healthy workplace culture where employees feel supported, motivated, and connected. Contact us to learn more.

WEBINARS

EAS offers monthly live webinars designed to support supervisors and managers with relevant information and practical strategies they can apply at work or in their personal lives.

Topics are informed by supervisor survey feedback, helping to ensure that each session addresses issues, challenges, or areas of interest that matter most to them and their teams. Join us every month to learn, engage and grow.

If you are unable to attend a live session, recorded webinars are also available upon request or through the Civil Service Commission's Learning Management System (LMS).

SUPERVISOR/MANAGER CONSULTATIONS

Facing a challenging workplace situation? EAS can help.

EAS offers confidential consultations to discuss concerns affecting supervisors, managers, or their teams. Challenges may include navigating employee conflicts, the loss of an employee, workplace wellness, team dynamics, performance evaluations, and other workplace issues. Counselors can also help with difficult or uncomfortable conversations by exploring how to approach the situation and/or communicate concerns. You don't have to navigate challenging situations alone. Email us to schedule a confidential consultation today.

Contact us to schedule a confidential appointment or to speak to a Mental Health Specialist.

NUMBER: 866-327-9133

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WEB:
www.nj.gov/csc/employees/advisory/

