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**New Jersey Civil Service Commission's Employee Advisory Service to Host  
Virtual Mental Wellness Symposium for NJ State Employees**

**TRENTON** - The New Jersey Civil Service Commission's Employee Advisory Service will host its second annual mental health symposium in recognition of National Mental Health Awareness Month. This virtual event entitled, "The Mental Wellness Symposium 2020: How To Cope with Change and Uncertainty" will be held on Thursday, October 29, 2020 from 2:00 pm to 4:00 pm.

"Throughout this pandemic, I have spoken to my Employee Advisory Service team and have learned of the struggles and challenges our State employees are facing daily," said Chair and Chief Executive Officer of the New Jersey Civil Service Commission, Deirdre L. Webster Cobb, Esq., "It is my hope that this event will bring some clarity to these employees and help them manage through this stressful time."

This important symposium will discuss several practical strategies for managing stress, adjusting to change, and coping with a future that may seem unclear.

To register, State employees can visit: <https://www.surveymonkey.com/r/EASSymposium2020>. The link to attend the symposium will be sent out 24 hours prior to the event.

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For more information about the New Jersey Civil Service Commission, please visit: [www.nj.gov/csc](http://www.nj.gov/csc).

For more information on the Mental Wellness Symposium, please email [EAS\\_help@csc.nj.gov](mailto:EAS_help@csc.nj.gov).