

Resources and Steps to Take When Facing a Layoff

How to protect your health and move forward

- Review any free resources offered due to layoffs including employee assistance program or resources (this may also include benefits available to your family members).

- Make a customized self-care plan

[Coping with the emotional impact of a layoff](#)

[How to protect your health and move forward](#)

[How to combat layoff anxiety](#)

Navigate Severance Package, Unemployment, Finances, and Community Resources

- Get a copy of your layoff/severance agreement. Review document and identify any key deadlines or required action steps.

- Make sure your employee records are up to date with your employer (address, personal email, etc.) to avoid delays in receiving documentation or payments.

- Apply for unemployment.

[Link to Local Help for Unemployment](#)

- Contact your banks and lenders and explore any resources and services available to you due to a layoff, such as suspending or reducing payments.

- Review budget and expenses. Access resources available through your employer or community. Resources about finances might also be available through your 401K provider.

[Finance Steps and Resources to Consider When Laid Off](#)

- Review and Access other community resources available to you.

<https://www.211.org/>

Examine Career Next Steps

- Explore what career coaching services are available due to the layoff or through your employee assistance program.

- [Ten things to do if you've been laid off according to Career Coaches](#)

- [How can a career coach help you find a job after you've been laid off](#)

- [Career Advice Following a Layoff](#)

Communicating with Family, Kids, and Friends about a layoff

[How to talk to your kids about a layoff](#)

[Telling Family and Friends That You've Been Laid Off](#)

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