



U.S. Department of Labor - Employment & Training Administration

www.doleta.gov/jobseekers/deal_jobloss.cfm

Deal with a Job Loss

Dealing with a job loss? Take advantage of resources and programs that provide assistance to help you.

Free Online Resources

- **Unemployment Insurance Filing Assistance**
Get direct access to your state's application for filing an unemployment insurance claim as well as specific information about each state's Unemployment Insurance program.
- **Find a Job**
Locate job openings in your area or find a job in a state where you might want to relocate.
- **Explore Career Options**
Find resources and online tools to help you with career decisions.
- **Pension and Health Care Coverage...Questions and Answers for Dislocated Workers**
Get answers to common questions asked by dislocated workers about their pension and health benefits.
- **Your Employer's Bankruptcy: How Will it Affect Your Employee Benefits?**
Find information on bankruptcy's effect on pension and group health plans.

Department of Labor Programs

- **Assistance for Dislocated Workers**
- **Learn about services and programs offered to dislocated workers by the U. S. Department of Labor and its state and local partners. The programs administered include:**
- **Trade Adjustment Assistance**
- **Rapid Response (large-scale layoffs)**
- **WIA Dislocated Worker Program**
- **Unemployment Insurance**

Learn more about the U.S. Department of Labor's Unemployment Insurance program and how it can help you.

Locate a One-Stop Career Center near you that offers in-person jobseeker services. The Toll-Free Help Line provides a full range of basic information about workforce program services for workers and employers. Information is available in over 140 languages. Call 1-877-US2-JOBS, TTY: 1-877-889-5627