



**U.S. Department of Labor - Employment & Training Administration**  
[www.doleta.gov/jobseekers/deal\\_jobloss.cfm](http://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.

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