

YOUR EMPLOYEE ASSISTANCE PROGRAM

# *Coping with Job Loss*



**Life after a layoff or termination can be difficult. Let us help with these resources for career change:**

- A comprehensive library of articles and tip sheets on job loss, stress, seeking employment, continuing education, and more
- Expert help with referrals to career counselors, employment agencies, job boards, resume writers, and workshops
- Online access to financial tools, stress management resources, and other helpful subjects
- Financial consultations on budgeting, debt, and other helpful topics
- Information and referrals for relocation

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.

**Call or log on to get started.**

ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.



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