

Resources for Employees in Transition

Life is full of transitions. Some are welcome and exciting; others, not so much. In either case, it's important to know what resources are available to help you come through your transitional period stronger and better off than you were before.

When you part ways with an employer, you may be especially interested in the resources available to help you make the transition to your next job. Where can you turn for job search assistance? Networking resources? Health insurance options? Your Human Resources coordinator may be able to answer specific questions about your personal situation. This little flier is provided as an "extra" - to help direct you towards some of the best general resources available online.

Because some of the URLs listed below are long, you can access this article with all URLs listed as clickable links by visiting www.ehealth.com/transition and clicking on the link near the bottom of the page entitled "Resources for Employees in Transition."

How do I pay my bills? Unemployment benefits and resources

- Federal Department of Labor: <http://www.dol.gov/dol/topic/unemployment-insurance/>
- California Employment Development Department: <http://www.edd.ca.gov/>
- Salary.com article on California unemployment benefits:
http://swz.salary.com/salarywizard/layouthtmls/swzl_unemployment_CA.html
- Directory of state unemployment offices:
http://employeeissues.com/unemployment_offices.htm
- About.com article on how to apply for unemployment insurance:
<http://jobsearch.about.com/od/unemployment/a/fileunemploy.htm>

How do I maintain my health insurance coverage? COBRA, private and public health insurance information

- Federal Department of Labor COBRA Summary:
<http://www.dol.gov/dol/topic/health-plans/cobra.htm>
- Your Ultimate Health Coverage Guide (COBRA):
<http://www.coverageforall.org/pdf/FHCECOBRABooklet.pdf>
- Information on private health insurance (COBRA Alternatives):
<http://www.ehealthcobra.com>
- Information on public health insurance programs: <http://www.coverageforall.org>;
http://www.coverageforall.org/pdf/matrix/CA_Matrix.pdf

How do I find a job? Outplacement, job search and resume information

▪ Outplacement Services:

- Article describing outplacement services:
<http://www.aarp.org/money/careers/jobloss/a2004-04-28-outplacement.html>
- Yahoo directory of outplacement firms:
http://dir.yahoo.com/Business_and_Economy/Business_to_Business/Corporate_Services/Human_Resources/Outplacement_Services/

▪ Job Search Websites/Job Boards:

- Monster.com: <http://www.monster.com/>
- HotJobs: <http://hotjobs.yahoo.com/>
- Glassdoor: <http://www.glassdoor.com/> (free career and workplace community where users can find and anonymously share reviews, ratings and salary details about specific jobs for specific employers)
- Indeed: <http://www.indeed.com/> (job search engine)
- Career Builder: <http://www.careerbuilder.com>
- Craigslist: www.craigslist.com
- “Job Hunter’s Bible” website published by author of “What Color is Your Parachute”: <http://www.jobhuntersbible.com/jobhunting/>
- Job hunting tips: <http://www.resumania.com/careertipsindex.html>
- Online job search guide: <http://www.job-hunt.org/>

▪ Salary information:

- Salary.com: www.salary.com (includes “Personal Career” channel and “Salary Wizard” compensation calculator)
- Salary comparison tool: <http://www.payscale.com/>

▪ Resume Help:

- Resume writing and other job search tools:
<http://www.resume-help.org/>
- How to write an effective resume:
<http://rockportinstitute.com/resumes.html>
- Resume search optimization tool and job search blog:
<http://recareered.blogspot.com/>

How do I reach and network with other laid off workers?

- New York Times Shifting Careers Blog: <http://shiftingcareers.blogs.nytimes.com/>
- Career Transition Blog – A Day in the Life: <http://jimrowland.blogspot.com/>
- Career Hub Blog: <http://www.careerhubblog.com/main/2008/05/if-you-switch-i.html>
- Secrets of the Job Hunt Blog, Information and Networking Tool: <http://www.secretsofthejobhunt.com/>

How do I deal with the stress and emotions associated with being laid off?

- Managing the stress of layoff and unemployment: <http://hrweb.berkeley.edu/layoff/stress.htm>
- Unemployment and job loss support: http://job-search.suite101.com/article.cfm/unemployment_job_loss_advice
- Surviving a layoff: <http://www.jobs.state.ak.us/TAA/survive.htm>

Miscellaneous Resources

- The Layoff Survival Guide: <http://www.layoffsurvivalguide.com/>
- What to do before plunging into the job search: <http://www.wisebread.com/laid-off-what-to-do-before-plunging-into-the-job-search>
- What to do if you're laid off in the 2008 recession: <http://scobleizer.com/2008/01/23/what-to-do-if-youre-laid-off-in-2008-recession/>