

Coping with Unemployment

Living through a financial crisis can be stressful for you and your family. It can lead to feelings of sadness, anger, depression, fear or lack of energy. These feelings are natural and are usually temporary. Putting on a mask and pretending that you are not worried or scared will only make matters worse for you and your family. You can deal with your feelings in several positive ways:

- Keep physically active to relieve tension
- Identify your feelings and share them with someone who will listen to you and advise you – for example, a trusted friend or relative, clergy person or a fellow union member
- Get together with other people who are experiencing unemployment and form a peer support network

If your feelings of anxiety and depression intensify or continue over an extended period of time, it is advisable for you to contact your family doctor.

Job Search Tips

Before seeking employment, start by assessing your present skills and talents (see worksheet on page 14). Like most people, you have probably not done a thorough “self-assessment.” Most public libraries and bookstores have self-help or career development sections with books that can get you started.

Write down on the worksheet a detailed list of all your job skills and personal qualifications. The list will be surprisingly long. You can use this information when you write your resume or fill out job applications.

Job Information Sources - Talk to your friends, neighbors and relatives, they may lead you to job openings. In addition to following through with the want ads in the local daily newspapers, contact your professional or trade association, Chamber of Commerce, Union or local Department of Employment & Training office.

A worksheet has been provided on page 15 to help you identify people who could help you in your job search.

Your resume - This is your first and most important introduction to a prospective employer. It should be concise. Contact your local library for books on resume writing or seek help from a career counseling center.

The interview - This is your chance to show the employer that you are the best candidate for the job. Be prepared. Find out everything about the company ahead of time: the services, products, market area, financial history, etc. Prepare a list of questions to ask the employer. Dress appropriately, arrive early and relax a few minutes before the interview. Practicing the interview with someone may better prepare you for the actual interview.

More information about these topics are available at:

Nevada JobConnect
Employment Security Division

Las Vegas	(702) 486-0100
North Las Vegas	(702) 486-0200
Henderson	(702) 486-0300

Job Training and Help Finding Work

Programs that offer career counseling can advise you on looking for a job, writing a resume, building a career path and preparing you for a job interview.

All job seekers and dislocated workers may qualify for federal or state funded employment and training programs. These programs include helping you with your job search, upgrading your skills or training for a job in a new field. Some programs may even offer additional financial support while you are in training or looking for work.

The following programs can direct you in your career path while making sure you have full access to all the services for which you are eligible:

AFL-CIO Dislocated Worker Program
(702) 870-7460

Nevada Partners
(702) 399-5627

Nevada Career Enhancement Program (CEP)
(702) 486-0129

Displaced Homemaker Program at HELP of Southern Nevada
(702) 369-4357

Physically Challenged Workers

Nevada State Bureau of Vocational Rehabilitation
Southern District Office

3016 W. Charleston Blvd., Suite 200
Las Vegas, NV 89102
(702) 486-5230

Easter Seals of Southern Nevada
6200 W. Oakey Blvd.
Las Vegas, NV 89146
(702) 870-7050

Child Care

When facing a period of unemployment your child care needs may change. When returning to work you may need to make different arrangements to accommodate your new schedule. For help in locating and selecting a child care program, including family child care, day care centers, school age programs and nursery schools, call:

Economic Opportunity Board
2500 W. Washington Ave.
Las Vegas, NV 89106
(702) 647-1510
(702) 387-5437



You may be eligible for one of several financial assistance programs to help defray the cost of child care.

Volunteering

Doing volunteer work in an area that interests you is a good way to help yourself and others while you look for a job. Volunteering can help you to:

- Maintain your job skills
- Learn new skills
- Make valuable contacts or new friends
- Structure your time during your job search

The Volunteer Center of Southern Nevada has opportunities that match your interests, skills and time available. To find the volunteer opportunities right for you contact the Volunteer Center of Southern Nevada:

Volunteer Center of Southern Nevada
1660 E. Flamingo Rd.
Las Vegas, NV 89119
(702) 892-2321
www.volunteercentersn.org



TAKING CARE OF YOURSELF

Stay active mentally and physically

Eat healthy foods; get enough rest

Exercise; take up a new recreational activity you always wished to start

Recognize the effects of stress, and seek help if needed

Organize your time, scheduling time to enjoy yourself

Take advantage of community activities and resources

Watch local papers for free events and programs

Develop a support system; keep in touch with friends

Get involved in a volunteer activity

Catch problems while they are small -
“An ounce of prevention is worth a pound of cure.”

Your guide to unemployment, health care, legal assistance and other basic needs.

Help For Tough Times

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AFL-CIO Community Services
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