

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, consumer discounts, and e-learning modules on communication 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.

TOLL-FREE: **800-346-0110**

WEBSITE: **www.inova.org/eap**