

Useful contacts

Unemployment can be hard to cope with, but you needn't struggle on your own. There are services developed to offer advice and support to people in difficult circumstances:

Jobcentre Plus 0800 055 66 88 (new claims line)

www.jobcentreplus.gov.uk

Department for Work and Pensions (DWP)

www.dwp.gov.uk

Redundancy helpline 0808 100 1855

www.skillsdevelopmentscotland.co.uk/redundancy.aspx

Joined up for Jobs directory for Edinburgh

www.joinedupforjobs.org.uk

Voluntary work:

There are Volunteer Centres throughout Lothian
Edinburgh: 0131 225 0630

www.volunteeredinburgh.org.uk

West Lothian: 01506 650111 www.vcwl.co.uk

East Lothian: 01620 829036

www.volunteereastlothian.org.uk

Midlothian: 01875 820 900

www.volunteermidlothian.org.uk

Coping and emotional support:

Breathing Space: free, confidential phonenumber.

0800 83 85 87 www.breathingspacescotland.co.uk

Samaritans: 08457 90 90 90 www.samaritans.org

email: jo@samaritans.org

Edspace: a directory of local services in Edinburgh.

www.edspace.org.uk

Mood: support and advice for people over 60 years old in West Lothian. Tel: 01506 651 067

Useful contacts

CHANGES: a community health project in East Lothian. Tel: 0131 653 3977

Orchard Centre Service: Health in Mind in Midlothian. Tel 0131 663 1616

Financial advice:

Edinburgh Central Citizens Advice Bureau:
0131 558 3681

CHAI Advice Services (south west Edinburgh):
0131 453 6410

Granton Information Service (north Edinburgh):
0131 552 0458

West Lothian Citizens Advice Bureau: 01506 431061

Haddington Citizens Advice Bureau: 01620 824471

Musselburgh Citizens Advice Bureau:
0131 653 2748

Penicuik Citizens Advice Bureau: 01968 675259

Dalkeith & District Citizens Advice Bureau:
0131 663 3688

National Debtline 0808 808 4000

www.nationaldebtline.co.uk

For further copies of this leaflet or if you need this leaflet in large print please contact NHS Lothian Health Promotion Library and Resource Centre on 0131 536 9451/2/3 or, email: Library@nhslothian.scot.nhs.uk

This leaflet is only a guide and does not cover every circumstance. We have done our best to make sure the leaflet is correct as of June 2009.

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Coping with the stress of job loss

The impact of the economic crisis

The recent economic crisis is causing increased levels of stress and anxiety for individuals and families because of uncertainty, debt or unemployment. If you are affected by any of these concerns, this leaflet gives you advice on maintaining your well-being in these difficult times. It also offers guidance on where to go for services that may be able to help you.

The impact of unemployment

Work plays an important role in many people's lives. It provides money and a source of social support. Many people feel that their job defines them and their place in the world. Losing that job can feel like a loss of status and even a loss of identity. This can affect confidence and self-esteem. You may feel angry, confused or sad.

Coping with unemployment

Keep busy and stay active both inside and outside your home. Establish a daily routine including a regular time for job search. Set daily goals that you know you can achieve. Try writing a plan for the next day before you go to bed; this will give you a reason to get up in the morning.

Family and friends

If you lose your job the most important source of support is strong relationships with friends and family. It is important to talk openly about your feelings with those who care about you. Family and friends can lift your spirits and keep you motivated.



Children

Children are very observant and need to feel included too. It is best to explain the situation to them in ways they will understand. Reassure them that unemployment is not forever and that their routines of school and play will still continue.

Facing unemployment

If you are out of work, it is important to register and claim for benefit support as soon as possible, or you could be overwhelmed by accommodation and other living costs. If you are unemployed and looking for work, you could claim Jobseekers Allowance (you must be over 18 years old).

Consider any job you can do, including part time and casual work. These jobs can lead to full time work, so don't ignore them. Use your networks, including friends and family for suggestions about work opportunities. Employment agencies can also offer specialist advice and information.

Offer your time as a volunteer. Volunteer work is rewarding and gives you an opportunity to meet other people in a similar situation and you may learn new skills.

Losing your job and maintaining wellbeing

Taking care of yourself will help you to stay in good shape so you are able to cope with life's difficulties. It

will also prepare you for your return back to work when a job opportunity comes up.

Look after yourself. Give your body enough sleep and rest. Sleep problems go hand in hand with stress. When stressed, our bodies are more alert and our minds tend to be more active. For tips on sleep see www.edspace.org.uk.

Drink sensibly. Excessive drinking is ineffective and an expensive way to deal with difficult feelings. The effects of alcohol on mood are short-lived and when the drink wears off you will feel worse.

Eat well. Ensure your meals include high fibre food, such as wholemeal bread, as well as fruit, vegetables and fish. Drink plenty of water.

Keep active. Physical activity gives you more energy, helps you sleep, is good for controlling stress and improves your mood. Try going for a brisk walk daily (20 – 40 minutes).

Ask for help. Look for all possible sources of support among individuals, groups and organisations. If coping is getting hard, don't hesitate to contact your GP.

