

Laid Off? Do's and Don'ts

The first 24 to 48 hours after job loss is a critical and often emotional time. Here are some suggestions to help you move forward productively.

DO review all information (severance agreement, COBRA, employment termination letter, etc.) that you received from HR/Management.

DO be honest with yourself and your family about your emotions: anger, anxiety, sadness, confusion. Mixed feelings are all normal reactions to job loss.

DO postpone contacting friends, prospective employers or recruiters about a new job until you have completed your communications strategy. *Get everything in order first.* You will want to make a good first impression and that is difficult to do immediately after receiving notice of a job loss.

DO review and save job postings of interest to you. *Do not apply for them yet.*

DO compile a list of friends, relatives and business associates who might be able to provide you advice, information and contacts. *Do not contact them yet.*

DO start a personal financial evaluation and consider delaying significant expenditures, if appropriate.

DO think about whether you want to relocate.

DO think about long-term career plans - whether to continue in the same field, shift careers or further your education.

DO take advantage of any career transition/outplacement services that are being provided for you. Most of these services are focused on helping you and they are free to you.

DON'T burn bridges or speak negatively about your former company, its leadership or its employees. Even though you may be right, you'll come across as bitter or hostile to people who may later be in a position to help you get a job.

DO remember that you are projecting your "brand" with EVERY encounter post job loss. Don't sabotage your job search by being negative, pushy, and demanding.

DON'T send out old resumes or begin your job search until after you have updated your resume. You will want to write a new resume appropriate to the current job market.

DON'T hesitate to attend job search groups, workshops or educational opportunities. This time in your career is a great time to learn new skills or learn the latest software.

Review Your State's Unemployment Benefits

Information as of 2-8-2014

Tennessee Department of Labor and Unemployment Benefits: <https://ui.tn.gov>

Filing for unemployment? Want to file your unemployment claim online? This page links you to the official Unemployment Insurance information websites for all 50 states plus the District of Columbia, Puerto Rico, and the U.S. Virgin Islands.

These government sites are your official source for information on unemployment compensation.

All of these agencies allow you to file your unemployment claims online or by telephone **for free**, so go ahead and file unemployment online fast and easy.

Warning: The state of Minnesota was warning users that [several states](#) were reporting scams involving voice or text messages sent to unemployment applicants' phones telling the applicants that their unemployment account had been de-activated or suspended and to reactivate by calling the phone number provided. **Do not respond to this message!** They are trying to access your UI debit account to steal your funds. Remember -- never give out your PIN number to anyone.

This list is arranged alphabetically by state/locality name.

- [Alabama Unemployment Compensation Claims](#)
- [Alaska Unemployment Insurance \(UI\) Program](#)
- [Arizona Unemployment Insurance \(UI\) Benefits](#) (azui.com)
- [Arkansas Department of Workforce Services Unemployment Services](#)
- [California Unemployment Insurance Program](#)
- [Colorado Unemployment Insurance Program](#)
- [Connecticut Unemployment Insurance Claims System](#)
- [Delaware Division of Unemployment Insurance](#)
- [District of Columbia Unemployment Insurance Service Center for Claimants](#)
- [Florida's Reemployment Assistance Program](#) (rebranded, but this is still your financial assistance during unemployment)
- [Georgia Unemployment Benefits for Individuals](#)
- [Hawaii Unemployment Insurance](#)
- [IdahoWorks Unemployment Insurance](#)
- [Illinois Department of Employment Security \(select UI benefits\)](#)
- [Indiana Unemployment Info](#)
- [Iowa Unemployment Insurance Services Division](#)
- [GetKansasBenefits.gov](#)
- [Kentucky Unemployment Insurance Program](#)

- [Louisiana Unemployment Insurance Program](#)
- [Maine Unemployment Benefits](#)
- [Maryland Division of Unemployment Insurance](#)
- [Massachusetts Unemployment Insurance](#)
- [Michigan Unemployment Insurance Agency](#)
- [Minnesota Unemployment Insurance Program](#)
- [Mississippi Unemployment Services](#)
- [Missouri Unemployment Insurance On-Line Claims Filing System](#)
- [Montana UI4U \(Unemployment Insurance for You\)](#)
- [Nebraska Unemployment Insurance Website](#)
- [Nevada Unemployment Insurance Claims On-Line Filing System](#)
- [New Hampshire Unemployment Compensation WebClaims System](#)
- [New Jersey Unemployment Insurance](#)
- [New Mexico Unemployment E-Claims System](#)
- [New York State Unemployment Insurance Division](#)
- [North Carolina Services for Individuals](#)
- [North Dakota Unemployment Info for Individuals](#)
- [Ohio Office of Unemployment Compensation](#)
- [Oklahoma Unemployment Insurance Information](#)
- [Oregon Unemployment Insurance](#)
- [Pennsylvania Unemployment Compensation Web site](#)
- Puerto Rico: [Sistema en Línea para la Reclamación de Beneficios bajo la Ley de Seguridad de Empleo](#)
- [Rhode Island Unemployment Insurance](#)
- [South Carolina Unemployment Insurance](#)
- [South Dakota DOL Unemployment Insurance](#)
- [Tennessee Unemployment Services Information](#)
- [Texas Workforce Unemployment Benefits](#)
- [US Virgin Islands Division of Unemployment Insurance](#) -- This is information only. You must [apply in person](#) at one of the offices.
- [Utah Unemployment Insurance For Job Seekers](#)
- [Vermont Unemployment Insurance Division Internet Application Portal](#)
- [Virginia Unemployment Insurance Information](#)
- [Washington \(state of\) Unemployment Benefits](#)
- [West Virginia Unemployment Compensation](#)
- [Wisconsin Unemployment Insurance Division](#)
- [Wyoming Unemployment Insurance Division](#)