

EMERGENCY SHELTER RESOURCES

Next Step Center Somerset Co. 814-444-8588
Martha & Mary House -Cambria Co. 814-254-4413
814-536-5361

(domestic violence only)

EMERGENCY ASSISTANCE

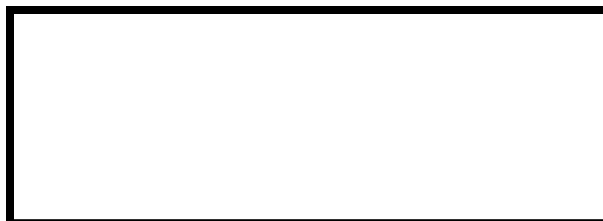
Catholic Charities 814-535-6538
Community Action Partnerships
Cambria County 814-536-9031
Somerset County 814-445-9628
County Assistance Offices
Cambria County 814-533-2491
Somerset County 814-445-1536
Salvation Army
Cambria County 814-539-3110
Somerset County 814-445-9232
St. Vincent DePaul 814-535-8521
United Methodist Human Services 814-539-2633

FOOD RESOURCES

For information about local food pantries contact:
Food for Families 814-535-3315

OR

United Way of the Laurel Highlands 814-535-2563



INTRODUCTION

Help When You Need It Most is compiled for people who have lost their jobs or who think their jobs will not exist in the near future.

Jobs are not merely a financial resource. To most of us, it gives a purpose to our lives, self-identity and a meaningful place to go every day. So, the loss of steady income is not the only downside to losing your job. This dilemma struggles to be understood and it is not easily expressed. No one is immune to downsizing or restructuring.

There is good news! You have not lost your greatest resource: YOU! You are still the same qualified individual with the experience and personal worth that got you where you are today. No one can take that away from you. Your image, not your pride, will get you back on the employment track. Consider this transition an opportunity to evaluate and re-group.

Remember, you are in good company. Many people are experiencing unemployment. They are managing their lives and at the same time finding suitable employment. You can do the same thing. This directory is a self-help tool. It is intended as a community resource guide that provides information to assist you and your family with problems that arise when you do not have a paycheck for a while.

United Way of the Laurel Highlands is saddened and concerned about your job loss. Take advantage of the community services available to you right here in Cambria & Somerset Counties. This directory will help you through hard times. If you or your family members have questions about community services or require further information, please call the United Way of the Laurel Highlands information and referral service at any of our numbers on the front of this brochure.

SURVIVING UNEMPLOYMENT

Psychological Impact of Job Loss: How Do I Deal With My Feelings?

It is normal to have these feelings, concerns and fears:

Panic	Blame
Helplessness	Self-blame
Guilt	Stress
Depression	Scared
Frustration	Anger
Betrayal	Pressure
Denial	Resentment
No Hope	Embarrassment
Isolation	No Control

No Self-Confidence

No sense of identity

What do I do now?

I feel like a loser.

What if I have to start at the bottom of the seniority list?

I will not be able to pay my bills and take care of my family.

STOP! Change Your Attitude

Recognizing your feelings and dealing with them is the first priority on your road to employment. Losing your job is stressful to you and your family. It is human nature to feel as if the rug has been pulled out from under you. Hiding your feelings and pretending you are not worried or scared only makes things worse for you and those close to you. Here are some ways that may be helpful in dealing with your anxieties:

Relieve tension by staying physically active

Volunteer

Develop hobbies or other interests

Make time to be alone