

## HELP WITH FINDING WORK

Plan actions that will lead to your next job such as:

- preparing your CV
- registering with employment services and recruiters
- posting that you are available for work on social media networks
- calling employers about job openings and responding to job advertisements

Contact your network of supporters. Turn to friends, relatives and former work colleagues for job referrals and employment opportunities. Send these supporters your CV if you think it will help. Keep in touch periodically to exchange information and to get advice and suggestions.

If you have been made redundant you may be eligible for immediate access to personalised employment services. They may also be able to help you into a job if you are no longer working for any other reason too.

## FINDING WORK AFTER REDUNDANCY

### Te Heke Mai

0800 938 474

Te Heke Mai is a work support programme that provides wrap-around support for people returning to work from the unemployment benefit.

[www.careers.govt.nz](http://www.careers.govt.nz)

## SUPPORT WHILE YOU LOOK FOR WORK

### Department of Work and Income Support

[workandincome.govt.nz/products/a-z-benefits/jobseeker-support.html](http://workandincome.govt.nz/products/a-z-benefits/jobseeker-support.html)

The New Zealand Government offers financial and other assistance for those looking for work or completing approved studies to help get a job. This includes:

- income support while you look for work
- payments to help you study or train
- assistance with childcare costs while you look for work or study
- support for job seekers with a disability
- support if you've been made redundant
- other government and community support services



## FINANCIAL ADVICE AND HELP WITH MANAGING DEBTS

### Money Talks

[moneytalks.co.nz](http://moneytalks.co.nz)

0800 345 123

MoneyTalks is a free helpline available to provide free budgeting advice to individuals, family and whānau.

Our financial mentors can:

- understand your financial situation
- organise your debt
- plan for the future
- get you in touch with a local budgeting service

For budgeting resources go to:

[www.moneytalks.co.nz/resources/](http://www.moneytalks.co.nz/resources/)

### FinCap

[fincap.org.nz](http://fincap.org.nz)

0800 345 123

FinCap is a new entity driven by the public good, acting in the interests of New Zealanders seeking budgeting and financial capability advice.

FinCap provides support to the budgeting and financial capability sector, to enable them to provide the best services possible to New Zealanders by making them stronger and fostering productive relationships.

### Sorted

[sorted.org.nz](http://sorted.org.nz)

Sorted offers New Zealanders free, impartial information and calculators to help manage money throughout life. Read their guides or use free online tools.

## Additional Helplines

Alcohol & Drug Helpline	0800 787 797
Wellplace NZ	04 917 0060
HELP (Auckland)	09 623 1700
CADS (Alcohol & Drug Service)	09 845 1818
Women's Refuge Crisis Line	0800 733 843
Problem with Gambling Help Line Free Text	0800 654 655 8006
Healthline	0800 611 116
Family & Community Services	0800 211 211
Outline (LGBTIQ+ Support)	0800 688 5463
Auckland City Mission (Homelessness)	09 303 9200



☎ : 0800 111 315

🌐 : [www.mates.net.nz](http://www.mates.net.nz)

✉ : PO Box 106-946  
Auckland City 1143 NZ

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# TAKING CARE OF YOURSELF AFTER LOSING YOUR JOB



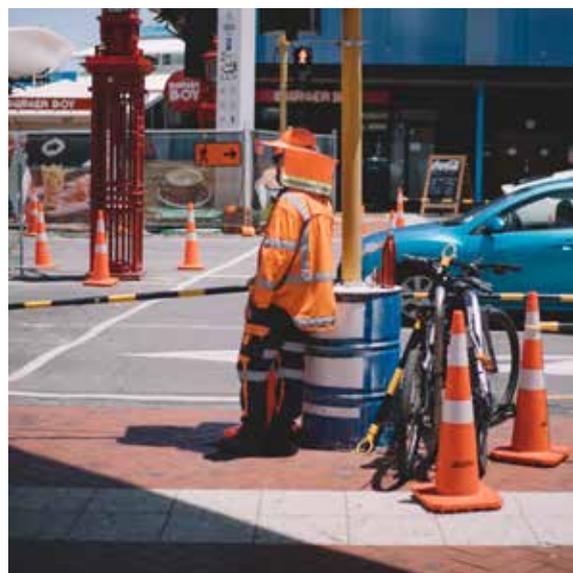
Looking after yourself and your family/whānau during tough economic times



Dealing with losing your job – no matter how or why it happens is challenging – this together and unexpectedly having your income reduced can cause significant emotional stress and financial strain.

These events can take a serious toll on people's health and wellbeing, their relationships, their families and how they see their future.

Dealing with adversity and adapting to change can be difficult. However, there are things you can do for yourself. Don't be afraid to ask for support – we all need a hand sometimes and people are usually keen to help.



## COMMON REACTIONS TO LOSING YOUR JOB

- struggling to sleep or staying asleep
- loss of appetite
- tiredness and fatigue
- mood swings or over-reactions to small things
- frustration
- withdrawing from others, not socialising as much

## WHEN TO SEEK PROFESSIONAL SUPPORT

Sometimes the stress of losing your job and income can lead to health conditions including anxiety and depression. Mental health professionals and general practitioners can help you through the hard times.

It is important to seek support if you are experiencing:

- severe emotional reactions that persist beyond two or more weeks
- struggling to function and carry out day-to-day tasks
- using alcohol or drug use as a way of coping
- thoughts of self-harm or suicide

## DEALING WITH THE EMOTIONAL IMPACT

- Try to remain positive – it will make it easier to cope with the situation and reduce your risk of developing anxiety and depression.

## THINGS TO CONSIDER

- Are there any pre-existing medical conditions that may be further impacting your situation?
- Do you have family and friends you can turn to for support?
- Are you drinking alcohol, smoking or taking drugs more than before?
- What are your sleep patterns and diet like?

## WHAT CAN HELP TO STAY ON TOP OF YOUR EMOTIONS

- Get support. Identify friends and family members who you can talk to and who will help you remain positive.
- Stay healthy, try to maintain a routine including balanced diet and regular exercise.
- Avoid drugs and alcohol, they can worsen your emotional state and increase your risk of developing depression, and drain and your finances.

## TAKING CARE OF YOUR FAMILY

- Discuss the situation with your partner.
- Be clear, honest and direct when explaining your situation with your family.
- Is my family okay? Do they need extra emotional support?
- Ensure that routines remain for your children.
- Keep doing enjoyable activities with your family.

## DEALING WITH FINANCIAL IMPACT

- Make a list of the expenses and income.
- Can household budget cuts be made.
- Is there financial assistance available which you might be eligible for?
- Contact your bank.

## MAKING THE MOST OF ANY WORK ENTITLEMENTS

- Find out what you maybe entitled to from a financial and psychological support perspective.
- You may have annual leave available.
- Your current job may have an Employee Assistance Programme available which could provide financial and counselling support.
- You may be entitled to MSD payments.



## LOOKING AFTER YOUR MENTAL HEALTH

### Who can provide assistance?

#### MATES in Construction

**mates.net.nz**  
**0800 111 315**

MATES in Construction is a 24/7 helpline. MATES in Construction offers immediate phone support and follow up support if you work in the Construction Industry.

#### National Helpline

**1737**  
**Lifeline**  
**0800 543 345**

24-hour crisis support, information and referral.

#### Tautoko Suicide Helpline

**0508 828 865**

Nationwide service that provides 24/7 telephone, video and online professional counselling to people who are affected by suicide.

#### Man Alive

**0800 826 369**

#### Counselling for men by men

Man Alive counsellors are trained and experienced in dealing with men's issues, so they'll understand yours. Next, they'll help you develop a broader range of options to deal with the issues.