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LAI D OFF?



What to do after getting laid off

- Don't panic.
- File for unemployment immediately.
- Check on severance pay.
Make sure you either leave with your last paycheck or you know when and how you will receive it.
- Find out what benefits you are eligible for.
- Review Health Insurance COBRA plan.
- Find out about your pension plan and 401K.
- Make sure you have a name and phone number for your HR liaison.
- Get contact info of people you can use for future references or recommendations.
- Remember it's not personal.
- Don't sign anything without reading it when you aren't in an emotional state.
- Make sure you get your personal items off your computer and out of your desk.
- Call a trusted friend or family member.