

chelliephilips.com

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.