

Steps to move out of Unemployment

It can be a vicious circle: The longer you're out of work, the more anxious, insecure or depressed you may become. Here are some steps to get your work process going:

1. **SEEK PEER SUPPORT:** Find peers who can support you through the process of returning to work and set new goals.
2. **GET INFORMATION:** Obtain as much information as you can about your benefits, work incentives, resources and rights.
3. **SAY WHO/HOW/BY WHEN:** Figure out who will help you to access the benefits and resources available to you, as well as how you will do so and by when.
4. **TAKE ACTION:** Decide what type of jobs you may be interested in and what resources you need. Do not wait. *There are many opportunities out there for you.*
Get started today!



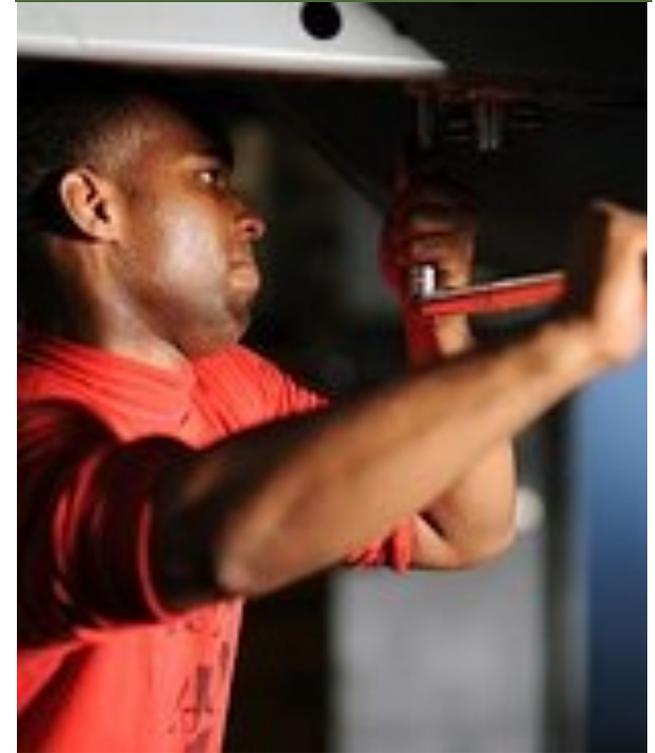
The **Pathways to Employment** website is a set of tools to help you make decisions about going to work.

Going to work does not have to mean you will lose your healthcare benefits. Here are some benefits you can get from working:

- More choices of things to do with spare time
- A chance to meet people and socialize more
- Less worry about paying bills
- Feel more a part of the community
- Gain a feeling of greater purpose in life
- Gain skills



PATHWAYS TO EMPLOYMENT



Working Can be More Than Just a Paycheck!



The Pathways to Employment website is a set of tools to help you make a transition to work, this site will help your planning process for such transition. You don't have to sign in to use the site, but if you want to save your work under the section "Resume-builder" or "Benefit Estimator" for later, you can do so by selecting a personal screen name and password.

Will your benefits change if you get a job?

Benefits Estimator: For many people with state or federal benefits, the big question is will their health care coverage change if they get a job? The Benefit Estimator helps you compare your current financial situation with a working situation and how your wage might or might not impact your benefits.

The Resume Builder lets you enter information about yourself and then uses it to build a resume from one of the three resume types that you choose. Your resume can be saved and you can reuse as often as you like.

The Success Stories page of the Pathway to Employment website will let you view inspiring videos about other people with disabilities who have fully returned to work.

The Work Near My Home tool can help you see where potential employers are in your area to help you in your job search. Although not all the businesses listed will be hiring, it still give you an overview of job opportunities that might be close to your home.

Military Veterans: Every year thousands of disabled military personal return to the civilian labor force seeking rewarding and meaningful work. The Veterans page is a local list of employment and other internet resources to veterans and veterans with disabilities.

The Behavioral Health pages offers useful links and resources for employment, for people with mental health and substance use issues. Work can give you greater independence and life meaning.

Justice Involved: Getting a job is an important part of your re-entry. Working can give you more control of your life and develop your natural abilities and talents. The site will help by providing resources to help you set a positive direction for your life.



The Information Pages section contains links and documents with information that may help as you make your way along your Pathway to Employment. This page can help you get more information like when and how to disclose a disability or assistance in understanding SSI and SSDI.



"The biggest impact of financial freedom on my life has been my sense of independence. I have reassurance that I can take care of myself, maybe one day take care of my daughter. Being financially free makes me feel like a human being again. Society accepts you when you have a financial place."