

## Facing unemployment

- ✓ Register and claim benefit support as soon as possible
- ✓ If you are over 18 years and work less than 16 hours per week, or unemployed – you can claim job seekers allowance
- ✓ Consider any job, whether it's full time or part time – it may lead to something else
- ✓ Network with people and keep up to date with friends and family about opportunities
- ✓ Consider volunteering and learning new skills

## Useful contacts

National Debtline

[www.nationaldebtline.co.uk](http://www.nationaldebtline.co.uk)

0808 808 4000

Job Centre Plus

[www.jobcentreplus.gov.uk](http://www.jobcentreplus.gov.uk)

01793 489776

Parks Advice Point

01793 487934

Citizens Advice Bureau

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

0844 4994 114

For more advice please visit Swindon Borough Council's Crunch Buster website:

[www.swindon.gov.uk/pullingtogether-link](http://www.swindon.gov.uk/pullingtogether-link)

# Dealing with recession related stress



For copies of this document in other languages, large print or other formats please contact:

[Palscomments@swindon-pct.nhs.uk](mailto:Palscomments@swindon-pct.nhs.uk) or telephone 01793 708758

Swindon PCT  
North Swindon District Centre  
Thamesdown Drive, Swindon SN25 4AN

Telephone: 01793 708700 fax 01793 708701  
Visit our website: [www.swindonpct.nhs.uk](http://www.swindonpct.nhs.uk)

## Maintaining wellbeing

Taking care of yourself will help you to stay in good shape so you are able to cope well with life's difficulties. It will also prepare you for your return back to work when a job opportunity comes up. Try to:

- ✓ Face difficulties head on
- ✓ Talk to family and friends
- ✓ Keep physically active
- ✓ Drink sensibly
- ✓ Eat healthily
- ✓ Give yourself one new goal a day
- ✓ Learn or try something new, for example volunteering
- ✓ Emotional support is available through the NHS. Please visit your GP



## Take care of each other

Family and friends can be a source of support and it is good to talk openly about fears and feelings. Remember that your family will have worries too and it is important to look after each other.

Children need to feel included in what is going on too. Reassure them that unemployment is not forever and that their routines of school and play will continue. Children are very observant and if they know what is actually going on they will be a source of strength.

If you are worried about your child, speak to your GP or their school teacher or school nurse.

### Lifestyle advice contacts

Volunteering Swindon  
[www.swindonvolunteers.org.uk](http://www.swindonvolunteers.org.uk)

Samaritans  
[www.samaritans.org](http://www.samaritans.org)  
08457 90 90 90

Swindon Borough Council Leisure  
[www.challengeswindon.org.uk](http://www.challengeswindon.org.uk)  
01793 511033

Eat Well, Be Well  
[www.eatwell.gov.uk](http://www.eatwell.gov.uk)

Swindon MIND  
[www.swindonmind.org](http://www.swindonmind.org)  
01793 432031

Drugs & Homeless Initiative  
[www.drugsandhomeless.org.uk](http://www.drugsandhomeless.org.uk)  
01793 617177

Primary Care Psychology  
Service  
[www.awp.nhs.uk](http://www.awp.nhs.uk)  
01793 401324

Swindon & Wiltshire, Alcohol &  
Drug Service  
[www.swads.org.uk](http://www.swads.org.uk)  
01793 695405

Swindon Learning Ambassadors  
01793 466548

Swindon NHS Stop Smoking  
Service  
0800 389 2229

