

# ADDITIONAL RESOURCES

*Below, you'll find a comprehensive list of tools, programs, and tips designed to help you during this transition, from finding new job opportunities to accessing financial support, mental health support, and enhancing your skills.*

## Job Search Resources

- [Indeed](#)
- [ZipRecruiter](#)
- [Tenstreet](#)
- [LinkedIn Jobs](#)
- [Monster](#)
- [Glassdoor](#)
- [CDLJobs](#)

## Government Employment Services

- U.S. Department of Labor: [CareerOneStop](#) (for job listings, training, and local assistance)
- State Unemployment Offices: Links for filing claims and job programs specific to each state.

## Professional Networks

- [LinkedIn](#)
- Alumni Networks
- [Meetup](#)

## Financial Counseling

- [National Foundation for Credit Counseling](#)

## Career Development & Training

- [Coursera](#)
- [edX](#)
- [Udemy](#)
- [Skillshare](#)
- [LinkedIn Learning](#)
- [HubSpot Academy](#)

## Career Counseling

- [CareerOneStop](#) provides resources to find local counselors.
- Many universities and libraries offer free resume review services.

## Mental Health Support

### Free or Low-Cost Therapy:

- [BetterHelp](#) or [Talkspace](#) for virtual counseling.
- Check on community mental health clinics that may provide sliding-scale fees.

### Stress Management Resources:

- [Calm](#) or [Headspace](#) Apps.
- Connect with family, friends, or support groups.