

Losing your job can be worrying. Here is a checklist of things you can consider doing, and links to relevant resources that you might find useful.

Things to do	Find out more
 Resources to help you with your job search	Check https://www.life.gov.sg/ or scan QR code to download the LifeSG app to access self-help guides for retrenchment benefits and measures, employment support, and financial assistance schemes.  Check https://www.mycareersfuture.sg/ and https://careershorizon.mycareersfuture.gov.sg/ for job opportunities related to your transferable skills.
 Find support in your community	If you feel overwhelmed, you can approach a Family Service Centre https://www.msf.gov.sg/our-services/directories nearest your home for support.
 Resources to help you manage financial matters	Check https://www.content.mycareersfuture.gov.sg/lost-changing-job-worried-about-finances-advice for budgeting advice. Check https://www.hdb.gov.sg/managing-my-home/finances/loan-matters on loan matters or call the Branch Service Line at 6225-5432 to find out more about your housing repayment options, if your loan is obtained from HDB. Call your insurance agent to enquire about deferment of premium payments. Attend a Credit Counselling Singapore (CCS) workshop on managing your financial resources in the interim. Check https://ccs.org.sg/debt-consolidation-plan/ or call 6225-5227. Find out more about CCS debt management info talk if you have debt servicing concerns https://www.ccs.org.sg/services/info-talk/
 Assistance to help you continue caring for your family	Check https://www.moe.gov.sg/financial-matters/financial-assistance for MOE's financial assistance scheme. Check https://www.ecda.gov.sg/parents/preschool-subsidies for preschool subsidies. Check https://www.msf.gov.sg/what-we-do/student-care/for-parents/student-care-fee-assistance or call ComCare at 1800-222-0000 for student care fee assistance. If you have concerns about coping with medical bills, speak with a medical social worker at the hospital.