

Did you know?

Poor health is, in the opinion of the unemployed themselves, the most significant barrier to employment.

Did you know?

Of the unemployed, 59% are very or fairly satisfied with their lives.

Did you know?

In Finland, over 1.3 million employment contracts are initiated each year.

Did you know?

94% of Takuusäitiö's clients find it beneficial to discuss financial matters with a professional.

Did you know?

Up to 80% of job openings are hidden jobs, meaning they are not publicly advertised.

mieli
Suomen Mielenterveys ry

Tatsi
Työttömän puolella

 Työttömien
Keskusjärjestö

 Takuusäitiö

Työttömän Ensiapu
tyottomanensiapu.fi



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(in Finnish)

Prepare for Unemployment

Do these

- 1 Get Your Documents in Order:** Request a work certificate and pay statement, as well ensure that you have your employment contract stored securely.
- 2 Take care of Your Finances:** Create a budget for yourself and write down your expenses and income (f.e., Penno.fi). You can estimate your preliminary unemployment benefit using the benefit calculator on TYJ (tyj.fi)
- 3 Find Out What Benefits You Are Entitled To** and Where to apply for them: You can get advice from, for example, the unemployment funds, Kela and social services.
- 4 Remember to Pay Your Bills or Negotiate a Payment Plan Before the Due Date:** You can get help from municipal debt counseling or from Takuusäätio. If needed, contact debt counseling and enforcement services to agree on measures.
- 5 Take Advantage of The Support Offered by Your Current Employer,** even if you're not excited about it. Attend information sessions, use the healthcare services provided by your employer, and find out about your rights to transition security and education.
- 6 Seek a Work Ability Assessment** if you suspect your working ability has decreased. You can access this through healthcare services provided by your employer or your local healthcare center. Check if you are entitled to healthcare services provided by your employer for up to 6 months after the statutory change negotiations.
- 7 Update Your Resume:** Highlight your education, experience and skills in the order from the most recent to the oldest one.
- 8 Ask for References, for example, from Your Supervisor or Colleagues.**
- 9 Inquire About Job Openings** from acquaintances, on social media or from former employers.
- 10 Take Care of Yourself** and stick to a daily routines: Stay active, sleep and eat regularly, meet people and exercise in a way that suits you.

**Strength is in Cooperation and
Peer Support.**

Don't feel left alone; you can find employment after either a short or a long unemployment period.