



Job Loss



GENERAL BACKGROUND

Unemployment is a threat to mental health and associated with an increased risk for suicide.

Losing a job may damage one's sense of identity and purpose, as well as increase feelings of isolation, depression, anxiety, and stress. Research indicates that losing a job may not immediately increase suicide risk, but rather "suicide risk increases the longer a person is unemployed, with risk likely peaking within the first five years following job loss" [\(VA\)](#). Studies have demonstrated increased suicide rates following the Great Recession, particularly among men [\(American Psychological Association\)](#).

In particular, those with job insecurity may experience suicidal ideation more than those with greater job security, and individuals with mental health problems may face a higher risk of suicide upon losing their job [\(VA\)](#). Protective factors against suicide for unemployed individuals may include perceived social support [\(VA\)](#).

#morethan**ever**before



RESOURCES

- California's Labor and Workforce Development Agency published [Coronavirus 2019 \(COVID-19\) Resources for Employers and Workers](#) including a benefits summary for workers impacted by COVID-19.
- Many states have published state-specific resources on their .gov pages.
- Individuals that have lost jobs due to COVID-19 can find helpful information [here](#) about the CARES Act and how to file for unemployment.
- The Entrepreneur published [7 steps](#) on what to do if you've lost a job due to COVID-19.
- BBC published [an article](#) on the emotional and mental health aspects of job loss with recommendations for moving forward.
- Glassdoor published [an article](#) on coping with job loss during COVID-19 including resources similar to those offered by various states.