



## **Finding Hope and Help in Times of Job Loss and Insecurity**

Shannon Wise, Resident in Counseling & Madeline Grove, LPC

2025 has not been an easy year for federal employees. According to a CNN report, at least 121,361 workers have been laid off or targeted for layoffs so far across the federal civilian workforce.<sup>1</sup> Roy Mauer at the Society for Human Resource Management (SHRM) reports that in February, U.S. job layoffs reached the highest monthly count since July 2020.<sup>2</sup> The domino effect of these mass layoffs has resulted in economic and emotional insecurity for thousands of individuals and families who have either abruptly lost income, work relationships and healthcare benefits through job loss, or who currently live in a state of heightened anxiety and survivor guilt, wondering if their job will be the next to be eliminated<sup>3</sup>.

In times of loss and uncertainty, hope can be hard to access, and help can feel out of reach. Yet sometimes taking just one small step can make the difference between despair and determination, from isolation to connection. Reaching out to connect with others who are in a similar position, walking and talking with a friend or family member who is able to listen and just be present, eating regular meals and getting enough sleep are all first steps that can offer initial support. Practicing self compassion, focusing on what you can control, tending to your mind and body's needs, and staying flexible and open minded can also help in the healing process.<sup>4</sup> Finally, connecting with professional help for feelings of depression and grief can prevent more lasting symptoms of anxiety and anxiety in the future.<sup>5</sup>

*If you or someone you love is struggling with job loss or job insecurity, know you are not alone, and know that you are valued. The following is a list of resources for accessing hope and help both locally and nationally.*

### **Local Resources in the DMV Area**

#### **Fairfax County Government Resources**

- Fairfax County offers a comprehensive support package for residents impacted by federal workforce changes, including job search assistance and financial aid programs.

[Fairfax County Support Resources](#)

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<sup>1</sup> <https://www.cnn.com/politics/tracking-federal-workforce-firings-dg/index.html>

<sup>2</sup> <https://www.shrm.org/topics-tools/news/talent-acquisition/doge-actions-contribute-to-highest-level-of-layoffs-since-2020>

<sup>3</sup> <https://www.apa.org/monitor/2025/06/federal-workers-manage-uncertainty>

<sup>4</sup> <https://hbr.org/2022/07/reeling-from-a-sudden-job-loss-heres-how-to-start-healing>

<sup>5</sup> <https://www.psychologytoday.com/us/blog/why-bad-looks-good/202004/how-find-hope-after-losing-your-job>

## **District of Columbia Department of Employment Services (DOES)**

- DOES provides resources tailored for impacted federal workers, including guidance on unemployment benefits and job placement services.

[DOES Website](#)

## **Free Services and Discounts**

- A list of businesses and organizations offering free or discounted services to federal employees.

[Arlington Magazine: Federal Employee Help](#)

## **Greater Washington Board of Trade**

- This organization has launched a Federal Workforce Resource & Support Guide to assist professionals affected by federal layoffs, providing valuable resources and networking opportunities.

[GWBOT Resource Guide](#)

## **Loudoun County Government**

- Offers resources for the federal workforce, including local services and support.

[Loudoun County Federal Workforce Resources](#)

## **Nationwide Resources**

### **U.S. Department of Labor Rapid Response Services**

- A proactive strategy designed to respond to layoffs by quickly coordinating services and providing immediate aid to affected workers.

Department of Labor Rapid Response

### **Employee Assistance Programs (EAPs)**

- Many employers offer EAPs that provide confidential counseling and support services to help employees manage personal and work-related challenges.

## **Support for Those Concerned About the Economy or Their Loved Ones**

### **Financial Planning Assistance**

- Financial advisors can offer guidance on managing finances after a job loss, including budgeting, investment strategies, and retirement planning.

[Foundation for Financial Planning – Pro Bono Help](#)

## Community Support Groups

- Local community centers and religious organizations often host support groups for individuals facing economic uncertainties, providing emotional support and practical advice.

## Mental Health Services

- Access to counseling and therapy services can help individuals cope with stress and anxiety related to economic challenges.

[Pastoral Counseling of Northern Virginia](#)

[Open Path Collective – Low Fee Therapy Directory](#)

Local Community Services Boards (CSBs) also provide medication management, outpatient therapy, and referral services.

**If you or someone you know may be considering suicide or is in crisis, call or text 988 to reach the Suicide & Crisis Lifeline.**

## Online Forums and Communities

- Platforms like Reddit and LinkedIn host communities where individuals can share experiences, seek advice, and find support during challenging economic times.

## Support Groups

- If you would like more information on local support groups, please email one of our clinicians so we can provide personalized referrals and recommendations, as local offerings are shifting weekly.

Visit <https://www.pastoralcounselingnv.com/> or call **703-335-6172** to leave a message for one of our clinicians today.

