

Help and support available when looking for work

I'm looking for a new job - what help is out there?

Searching for a new job can be both an exciting and challenging experience. Whether you're entering the job market for the first time, looking to change careers, or seeking a new role after a period of unemployment, the process can sometimes feel overwhelming. Fortunately, there are numerous resources and support systems available to help you during the process.

What benefits might be available?

If you're seeking employment or have been affected by redundancy, there are various benefits and entitlements available to you. Start by determining your eligibility with the [Entitledto Calculator](#). In just ten minutes, it'll provide an overview of the benefits you may qualify for and offer guidance on how to apply.

- [Jobseeker's Allowance \(JSA\)](#) - this payment is provided whilst you're looking for work (you'll need to attend regular meetings to prove this). The payment is £90.50 per week for people aged over 24, £71.70 per week for people aged under 24
- [Universal Credit](#) - you may be entitled to this regular benefit to help with living costs
- [Pension Credit](#) - if you're over State Pension age and on a low income, this payment can help with living costs

What further financial support is available?

As well as benefit support, there's more help to look into if you're out of work and looking to get back into employment.

- [Budgeting Loans](#) - If you've been on certain benefits for six months or longer, this can be used to help you with living expenses including rent, costs linked to getting a new job and/or household items. You only repay what you borrow, and this is taken from your benefits.
- [Help To Save](#) - If you're receiving Universal Credit, you can set up a Help To Save account. With this account, you get a bonus of 50p for every £1 you save over four years. You can save between £1 and £50 each calendar month and don't need to save every month.
- [Outfit Cleaning For An Interview](#) - If you secure an interview, you'll want to look your best! Certain companies (like Timpsons) offer a service where they will clean your outfit free-of-charge.

Take care of your mental health

Searching for employment can be both challenging and emotionally draining, especially in today's competitive job market. The process often brings with it a mix of anticipation and self-doubt, which can impact your mental wellbeing. Prioritising your mental health during this time is essential, and seeking support can help you manage the ups and downs better.

Remember to set realistic expectations for yourself - it's important to understand that finding a job can take time and rejections are normal. You could consider setting some goals, such as applying for a certain number of jobs each week. Building a routine around these goals can provide structure to your day, allowing time for job searching, exercise and relaxation. A routine can help keep you motivated and on track.

Numerous charities and organisations are also available to assist you throughout your job search.

Other types of support available

Staying connected to your industry while you're unemployed is important. You could attend some webinars or take some free courses to keep your skills up to date. Networking is key too, as it can open doors to new opportunities. Don't hesitate to reach out to your support network - friends and family may know of roles you might not find on your own.

[JobHelp](#) is a valuable government resource providing guidance to help improve your chances of finding work. If you need support with your CV, check out the resources available on [National Careers Service](#).

Remember, if you're unable to keep up with repayments, our team are here and ready to help