EMERGENCY SHELTER RESOURCES
Next Step Center – Somerset Co.  814-444-8588
Martha & Mary House -Cambria Co.  814-254-4413
Women’s Help Center                  814-536-5361
(domestic violence only)

EMERGENCY ASSISTANCE
Catholic Charities                  814-535-6538
Community Action Partnerships
Cambria County                      814-536-9031
Somerset Co.                        814-445-9628
County Assistance Offices
Cambria County                      814-533-2491
Somerset County                     814-445-1536
Public Utility Commission           800-692-7380
Salvation Army
Cambria County                      814-539-3110
Somerset County                     814-445-9232
St. Vincent DePaul                  814-535-8521
United Methodist Human Services     814-539-2633

FOOD RESOURCES
For information about local food pantries contact:
Food for Families                  814-535-3315

OR
United Way of the Laurel Highlands  814-535-2563
Community Action Partnership
Somerset                           814-445-9628

UTILITY ASSISTANCE
Catholic Charities                  814-535-6538
Community Action Partnerships
Cambria Co.                        814-536-9031
Somerset Co.                       814-445-9628
County Assistance Offices
Cambria County                      814-533-2491
Somerset County                     814-445-1536
Public Utility Commission           800-692-7380
Salvation Army
Cambria County                      814-539-3110
Somerset County                     814-445-9232
St. Vincent DePaul                  814-535-8521
United Methodist Human Services     814-539-2633

LEGAL SERVICES
Laurel Legal Services              814-536-8917
Southwestern PA Legal Services Inc. 814-443-4615

MEDICAL SERVICES
Johnstown Free Medical Clinic       814-534-6242
Somerset Free Medical Clinic        814-443-0508
Salvation Army Dental Center        814-262-8500

RENT/MORTGAGE ASSISTANCE
Community Action Partnerships
Cambria Co.                        814-536-9031
Somerset Co.                       814-445-9628
County Assistance Offices
Cambria County                      814-533-2491
Somerset County                     814-445-1536
St. Vincent DePaul                  814-535-8521
United Methodist Human Services     814-539-2633

INFORMATION & REFERRAL
United Way of the Laurel Highlands  814-535-2563
Information & Referral Office       814-472-6784
814-445-9627
PA 2-1-1 – Simply dial 211 from your phone

Assistance is usually available for necessities such as eye glasses, medications and utility terminations. Contact the United Way of the Laurel Highlands to inquire about your specific need at any of the numbers listed on the front of this brochure.
INTRODUCTION

Help When You Need It Most is compiled for people who have lost their jobs or who think their jobs will not exist in the near future.

Jobs are not merely a financial resource. To most of us, it gives a purpose to our lives, self-identity and a meaningful place to go every day. So, the loss of steady income is not the only downside to losing your job. This dilemma struggles to be understood and it is not easily expressed. No one is immune to downsizing or restructuring.

There is good news! You have not lost your greatest resource: YOU! You are still the same qualified individual with the experience and personal worth that got you where you are today. No one can take that away from you. Your image, not your pride, will get you back on the employment track. Consider this transition an opportunity to evaluate and re-group.

Remember, you are in good company. Many people are experiencing unemployment. They are managing their lives and at the same time finding suitable employment. You can do the same thing. This directory is a self-help tool. It is intended as a community resource guide that provides information to assist you and your family with problems that arise when you do not have a paycheck for a while.

United Way of the Laurel Highlands is saddened and concerned about your job loss. Take advantage of the community services available to you right here in Cambria & Somerset Counties. This directory will help you through hard times. If you or your family members have questions about community services or require further information, please call the United Way of the Laurel Highlands’ information and referral service at any of our numbers on the front of this brochure.

SURVIVING UNEMPLOYMENT

Psychological Impact of Job Loss: How Do I Deal With My Feelings?

It is normal to have these feelings, concerns and fears:

- Panic
- Helplessness
- Guilt
- Depression
- Frustration
- Betrayal
- Denial
- No Hope
- Isolation
- No Self-Confidence
- No sense of identity
- What do I do now?
- I feel like a loser.
- What if I have to start at the bottom of the seniority list?
- I will not be able to pay my bills and take care of my family.

STOP! Change Your Attitude

Recognizing your feelings and dealing with them is the first priority on your road to employment. Losing your job is stressful to you and your family. It is human nature to feel as if the rug has been pulled out from under you. Hiding your feelings and pretending you are not worried or scared only makes things worse for you and those close to you. Here are some ways that may be helpful in dealing with your anxieties:

- Share your feelings with people who love and support you
- Develop or join a support group for people who are going through unemployment
- Do not be complacent
- Get rid of anger and despair
- Life is not fair
- Do not forget hard times
- Do not let failure win
- Do not covet your friend’s success
- Do not lose confidence in yourself
- Do not lose your sense of humor
- Do not forget to love
- Do not abandon the truth

Our nation’s economy is experiencing tremendous change no individual can control. That accounts for why there are so many able-bodied and competent people who now find themselves temporarily out of work. It is important to understand that you are still a valued member of the community. The morning after starts a new chapter in your life. To survive unemployment remember to incorporate the following into your new beginning:

- Relieve tension by staying physically active
- Volunteer
- Develop hobbies or other interests
- Make time to be alone