

# Resources for Those Experiencing Furloughs or Job Loss

The [Office of Personnel Management](#) (OPM)

Furlough Guidance and Resources for Federal Agencies and Employees from OPM:

<https://www.opm.gov/policy-data-oversight/pay-leave/furlough-guidance/#url=Shutdown-Furlough>

Defense Civilian Personnel Advisory Service: <https://www.dcpas.osd.mil/policy/compensation/furlough>

Federal News Network

[A Furloughed Federal Employee's Guide to Filing for Unemployment During the Shutdown](#)

FINRA, the Financial Industry Regulatory Authority

[Job Dislocation—Managing the Financial Impact of Unexpected Job Loss](#)

Furlough Resources for GSA Employees If you have been furloughed and have questions, please contact HR at [AskHR@gsa.gov](mailto:AskHR@gsa.gov) and

<https://www.gsa.gov/reference/for-gsa-employees/furlough-resources-for-gsa-employees>

Thrift Savings Plan Lapse in appropriations (Government Shutdown)

<https://www.tsp.gov/news-and-resources/lapse-in-appropriations/>

Effect of Nonpay Status on Your TSP Account <https://www.tsp.gov/publications/tspfs04.pdf?TSP-FS-04>

U.S. Department of Labor: Unemployment Compensation for Federal Employees

<https://oui.doleta.gov/unemploy/unemcomp.asp>

How to Apply for Unemployment Insurance <https://oui.doleta.gov/unemploy/unemcomp.asp>

Several banking institutions, such as USAA, Navy Federal Credit Union, and Marine Federal Credit Union, have been known to advance military pay to their customers during government shutdowns. Contact your bank to inquire about their policies.

The Defense Health Agency has authorized its TRICARE contractors to continue delivering health care to its 9.4 million beneficiaries. TRICARE beneficiaries seeking medical care from private providers should feel no significant effects. Care at military hospitals and clinics would remain largely unaffected. The TRICARE website includes current information about the impact of the shutdown on TRICARE health plans and military hospitals and clinics.

Federal News Network: Government Shutdown Information:

<https://federalnewsnetwork.com/government-shutdown-survival-guide/>

A Government Shutdown Q&A For Federal Employees: <https://federalnewsnetwork.com/government-shutdown/2023/09/a-government-shutdown-qa-for-federal-employees/>

Government shutdown survival tips from someone who's been through them

<https://federalnewsnetwork.com/government-shutdown/2023/09/shutdown-survival-tips-from-someone-whos-been-through-them/>

Government shutdown impact on your small business + resources to get you through it

<https://quickbooks.intuit.com/r/news/small-businesses-resources-federal-government-shutdown/>

Agency Contingency Plans [https://www.whitehouse.gov/omb/information-for-agencies/agency-contingency-plans/?mkt\\_tok=NjAzLVVSVy0xMjcAAAGOV18edagSY6JGH8XxlGIMeJX0f82LHUWa1a-PWLKDvIC36H\\_xd\\_rwDPGTuw1gQwvwxm0RElsKf2ePwPr2b6eoDWSywQkyo9Dqopworkz5bg](https://www.whitehouse.gov/omb/information-for-agencies/agency-contingency-plans/?mkt_tok=NjAzLVVSVy0xMjcAAAGOV18edagSY6JGH8XxlGIMeJX0f82LHUWa1a-PWLKDvIC36H_xd_rwDPGTuw1gQwvwxm0RElsKf2ePwPr2b6eoDWSywQkyo9Dqopworkz5bg)

A Little-Known Tax-Free Way To Help Pay Your Student Loan

Employers can provide valuable tax-free assistance with employee student loan repayments.

<https://www.kiplinger.com/taxes/tax-free-employer-student-loan-repayment-assistance>