Michigan AFL-CIO
Strategy for the Unemployed

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# A Snapshot of the Unemployed

## The Loss
- 60% of the unemployed got no notice — they were let go on the spot.
- 55% of the unemployed are jobless for the first time in the last five years.

## Money
- 84% got no severance pay.
- 63% have used savings/retirement money.
- 56% are without unemployment insurance.
- 56% have had to borrow money from family or friends.
- 53% are without health insurance.
- 34% have increased their credit card debt.
- 25% missed a mortgage or rent payment.
- 17% have been forced to move.

## Coping
- 77% say they are stressed.
- 68% are depressed.
- 61% feel helpless.
- 61% have lost sleep.
- 58% report strain in family relations.
- 55% are angry.
- 54% feel hopeless.
- 52% avoid social situations with friends or acquaintances.

## The Future
- 82% don’t think they will have a new job in the next couple of months.
- 86% do not believe they have a good chance to get their old job back.
- 47% say they have no chance of that.
- 75% have to think seriously about changing their field or career.

*Source: Heidelberg Center for Work Force Development, Rutgers University/Knowledge Networks*
The employed
At 6 a.m., about 80 percent of employed people are sleeping, compared with more than 80 percent of those who are unemployed.
The unemployed
On average, the unemployed spend about a half-hour looking for work. They
tidy the house, do laundry and yard work for more than two hours, about an
hour more than the employed.
Who is involved?

- AFL-CIO
- United Way Labor Liaisons
- Unemployed Workers & their families
- CLC / CAP
- HRDI
- Working America