



UNEMPLOYMENT & JOB INSECURITY

HOW...

UNEMPLOYMENT & JOB INSECURITY RELATES TO HEALTH

Unemployment and job insecurity are **significant** social determinants of health that can impact individuals and communities. When people are **out of work** or **fear losing their jobs**, it can cause stress, anxiety, and depression, leading to **negative health outcomes**.

Unemployment rates can **vary widely depending on factors** such as the state of the economy, industry-specific changes, and government policies. In addition to causing financial stress, **unemployment can lead** to a **loss of social connections**, **decreased self-esteem**, and **reduced access to healthcare**.

To address the social determinant of unemployment and job insecurity, it is important to **support individuals** in **finding** and **maintaining stable employment**. This can include providing access to education and training, creating job opportunities, and improving working conditions. By addressing unemployment and job insecurity, we can **improve health outcomes** for **individuals** and **communities**.

- Canadian Institute for Health Information -

RESOURCES

If you or someone you know is experiencing unemployment or job insecurity, it's important to seek support and access available resources. These resources can help individuals maintain their mental and physical health while they search for employment opportunities and navigate the challenges of job loss.

Conestoga College Career Centre

<https://www.conestogac.on.ca/career-centre>

YMCA Employment Services

<https://www.regionofwaterloo.ca/en/living-here/ontario-works.aspx>

Employment Ontario

<https://www.ontario.ca/page/employment-ontario>

Lutherwood - Employment Services

<https://www.rainbowcoalition.ca/>

Ontario Works

<https://www.regionofwaterloo.ca/en/living-here/ontario-works.aspx>