

# Resources for Workers Impacted by Recent Federal Government Actions

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In response to recent Federal workforce reductions, Montgomery County is providing various resources to support affected individuals. This page offers essential information to assist with employment, basic needs and health services during this challenging time. The following resources are available to help you navigate this transition.

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## County Executive Marc Elrich Comments for FED Worker Website



### We're here for you

[Use MC311 online](#) anytime. Or, call the MC311 Customer Service Center for help and information, Monday to Friday, 7 a.m. to 7 p.m.:

- within the County: 311,
- from anywhere: 240-777-0311, or
- MD Relay 7-1-1

## Employment & Career Support

### Apply for unemployment benefits

- [Maryland Division of Unemployment Insurance](#)
- [District of Columbia Office of Unemployment Compensation](#)
- [Virginia Employment Commission](#)

## Find a job

- [Come Join Our Team!](#), Montgomery County Government Jobs
- [City, State, Federal & Public Sector Jobs](#), governmentjobs.com
- [Free Library Resources for Federal Employees](#), Montgomery County Public Libraries
- [Support for Federal Workers Resource Hub](#), WorkSource Montgomery
- [Local Resources for Federal Agency Contractors & Employees](#), Montgomery County Economic Development Corporation

## Employment Rights

- [Information on Civil Service Law](#), Library of Congress
- [Employment Rights Under Federal Law](#), U.S. Office of Personnel Management (OPM)
- [Accommodation to Qualified Employees with Disabilities](#), U.S. Equal Employment Opportunity Commission (EEOC)
- [Whistleblower Protections and Accompanying Resources](#), Office of the Whistleblower Ombuds
- [Prohibited Personnel Practices Including the Right to Appeal](#), U.S. Merit Systems Protection Board
- [Resources for Civic Servants](#), Civil Service Strong
- [Supporting Federal Employees Through Change](#), Partnership for Public Service

## Food, Child Care and Housing

See [resources for food assistance](#), including local programs aimed at ensuring access to nutritious meals during this period of uncertainty.

For help finding child care, use [LOCATE: Child Care](#) for free, personalized resource and referral counseling to meet your needs.

Get free and confidential [foreclosure prevention assistance](#) for homeowners. Renters, free [eviction prevention support](#) is available.

# Crisis Intervention, Health and Insurance

Our Crisis Center is open 24 hours a day for individuals who are experiencing a mental health crisis. We have a Mobile Crisis Team, too. Learn more about accessing the [Crisis Center and Team](#).

If you need to talk, the [988 Suicide & Crisis Lifeline](#) is open for you. Call, text, or chat for skilled, judgment-free, confidential conversations.

For mental health and substance use disorder screening and referral, contact our [ACCESS to Behavioral Health Services Program](#).

The [Maryland Health Connection](#) is the state's official health insurance marketplace.

- If you have lost health coverage from your job, you have 60 days to apply for coverage on Maryland Health Connection if you have not enrolled in COBRA. You may find that coverage through Maryland Health Connection is a more affordable option.
- All plans available through Maryland Health Connection cover important health benefits, including doctor visits, prescriptions, mental health services, preventive care, emergency services and more. Maryland Health Connection offers health plans from Aetna, CareFirst, Kaiser Permanente, UnitedHealthcare and Wellpoint.
- Visit [MarylandHealthConnection.gov](#) to enroll or find free help near you, or call 240-777-1815. You can also download the free app, EnrollMHC.

## Federal and State Official's Resources

- [Senator Angela Alsobrooks' Resource Page](#)
- [Senator Chris Van Hollen's Resource Page](#)
- [Representative April McClain Delaney's Resource Page](#)
- [Representative Glenn Ivey's Resource Page](#)
- [Representative Jamie Raskin's Resource Page](#)
- [Attorney General Anthony Brown's Resource Page](#)
- [Governor Wes Moore's Resource Page](#)

## Municipality Resources

- [Gaithersburg](#)

- [Rockville](#)

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