

Trygghetsfonden TSL, [www.tsl.se](http://www.tsl.se)

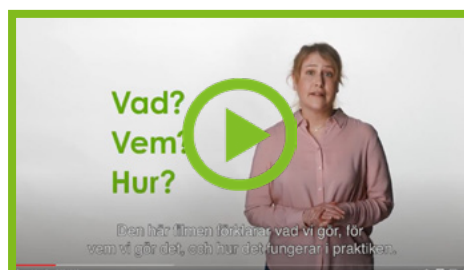
## If you've been laid off, we'll help you!

If you have been laid off due to a lack of work, you can get help to find a new job through Trygghetsfonden TSL. We are a service based on an agreement between LO and Svenskt Näringsliv. Therefore, it is completely free of charge for you.

We can offer you one of Sweden's best job coaches who based on your particular situation supports you on the way to a new job, start your own company or maybe start studying. The job coaches know how to find jobs that you may not have thought of yourself and how to write a personal CV. You can also get support in contacts with authorities such as the Swedish Social Insurance Agency and the Swedish Public Employment Service. And it may be possible to get a short training in order to get a certain job. If you have reached the age of 40, there is also the possibility of financial compensation, known as severance payment.

It is your needs that guide us. When you are contacted by an advisor from Trygghetsfonden TSL, you will learn more about what the support can mean for you.

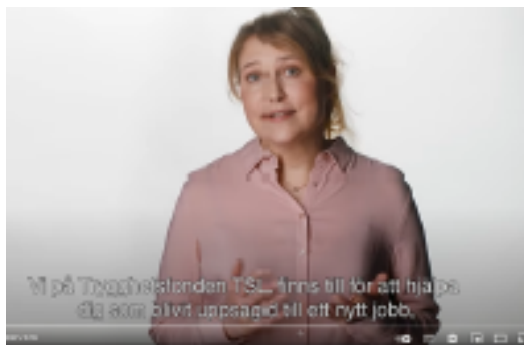
**Watch a film about how we can help you**



**On the next page you will find information that is good to have read through before we contact you.**

## Useful links

### Short film about what we do



### Facebook



### More information at www.tsl.se



### LinkedIn



## This is how it works

1. Trygghetsfonden TSL will contact you to talk about your situation and what support you can get
2. When you accept the support you will get your own job coach
3. The job coach supports you on the way to a new job, study or to start your own business
4. If needed, you may also have the opportunity to receive a short training
5. If you are over 40 years of age, you may be able to receive a severance payment (AGB)

## In order to receive support

- permanent employment
- 12 months of continuous employment with one or more companies with collective agreements
- worked at least 16 hours per week
- been dismissed due to lack of work
- not yet turned 65

## To receive a severance payment

- worked for at least 50 months in the last five years
- been employed by one or more companies that have AGB insurance
- been dismissed due to lack of work
- have turned 40 years old by the latest last day of employment

The severance payment is between SEK 37,885 and SEK 55,100. The amount depends on your age. You are responsible for applying yourself, but your job coach can also help you with the application. Your employer must sign the application before it can be submitted. More information and the application can be found at: <http://www.afaforsakring.se/avgangsbidrag>.