

GOVERNMENT RESOURCES:

1. **Contact your members of Congress. [Representatives](#). [Senators](#).** In addition, many of the congressional members' websites have prominently posted information helpful to impacted federal employees.
2. **State and Local Resources.** Maryland, Virginia and Washington, DC are home to high percentages of current and former federal employees, and they have created websites that contain information on resources available for federal employees impacted by recent layoffs.
 - **State of Maryland** [website](#)
 - **State of Virginia** [website](#).
 - **Washington, DC** [website](#)

Some DC area counties have also created resource pages for federal employees. As more states and counties add similar sites, they will be added to this resources page.

- **Anne Arundel County, MD** <https://www.aacounty.org/federal-employee-assistance>
- **Montgomery County, MD** <https://www.montgomerycountymd.gov/OPI/fed-worker-resources.html>
- **Arlington, VA** <https://shorturl.at/sSI4N>
- **Fairfax County, VA** <https://www.fairfaxcounty.gov/news/help-residents-affected-federal-workforce-restructuring>

Return to AFDICA [Homepage](#)