Stamping Out Suicide (S.O.S.)
TIPS FROM HUMAN RESOURCES

Research relating to unemployment or job loss and suicide is complex. Much research performed has focused on the Great Recession from 2007 to 2009 which found a 1% increase in unemployment associated with a 1.0 - 1.6% average increase in suicide rates.

During the COVID-19 pandemic, significant and sudden job loss occurred nationwide, and our locality is still recovering from it. To follow is a list of writing techniques for you to consider as you develop one or more resumes as part of your job search.

- **Customize your resume for each position**. Use your summary or profile section to highlight your skills and expertise as they relate to a specific job. Create several versions of your resume based on common positions you will be applying for so you can eliminate the amount of customization you will have to do for each job.
- **Make sure the rest of your resume supports your summary, profile, or objective.** For example, if you include in your summary that you have been a consistent top seller in your region, list specific examples in the body of your resume to reinforce this statement.
- **Include key words on your resume**. Recruiters often scan a resume in less than 15 seconds. They are looking for key words that show specific skills and knowledge required for the position.
- **Be concise.** As recruiters may look at hundreds of resumes to fill one position, they want to see your accomplishments, skills, and experiences in as few words as possible. Bullet points and concise language can showcase your communication skills and highlight your areas of expertise.
- **List your past work accomplishments (not just responsibilities) using some form of measure.** Hiring managers want to compare your skills/ abilities to other applicants. As examples, mention what percentage you increased in sales, the number of staff you managed, or the specific scope of a project.

Reference: Healthaffairs.org

encompass
— Community Supports —

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Formerly Known As – Rappahannock-Rapidan Community Services