

General resources:

- Find your local union bargaining unit: [FLIS : Federal Labor Management System - OPM.gov](#)
 - [National Federation of Federal Employees](#), NFFE-FSC: [NFFE-Forest Service Council](#)
 - [AFGE | Home Page](#)
 - Be familiar with your local unit's Master Agreement
 - Be familiar with your right to union representation
 - Ex: USFS NFFE Master Agreement
 - [2024 NFFE-USFS Master Agreement](#)
- Mutual Aid
 - [Land Management Workers Mutual Aid — Entry Form](#)
 - [Aid For Recently Terminated CGNF Forest Service Workers](#)
 - [Mutual Aid Hub](#)
 - [How to create a mutual aid network | American Friends Service Committee](#)
- Stay informed
 - Federal worker/funding updates
 - [Federal News Network - Helping feds meet their mission.](#)
 - Public land updates
 - Montana Conservation Voters <https://mtvoters.org/>
 - Sign up for Legislative updates (catered to your interests): <https://www.catalystmt.org/get-involved>
 - Montana Environmental Information Center: [2025 Action Center & Bill Tracker - Montana Environmental Information Center - MEIC](#)
- [988 Lifeline](#)
 - When people call, text, or chat with the 988 Lifeline, they are connected to trained crisis counselors who are part of the existing 988 Lifeline network, made up of over 200 local crisis centers.

During federal service:

- Remember you have constitutional protections
 - First Amendment rights to free speech (for government employees)
 - [Federal Employee Speech & the First Amendment: A Know-Your Rights Guide](#)
 - Due process rights
 - Protection against discrimination based on political affiliation
 - Learn your PPPs!!
 - [US O.S.C. Know Your Rights - PPP Guide](#)
- Report whistleblower complaints to Congress
 - [Whistleblowers | The Senate Democratic Caucus](#)
- [Preparing for Potential Termination from Federal Service](#)
- Learn about your agency's Employee Assistance Program (EAP)
 - NAMI Mental health resources: [What is an Employee Assistance Program? | NAMI StigmaFree](#)
 - [Employee Assistance Program | US Forest Service](#)
 - [Employee Assistance Program | U.S. Department of the Interior](#)

Post federal service:

- Request your Official Personnel Folder (OPF) from the National Personnel Records Center if your agency refuses to provide it. Pay records – Request your W-2s, pay stubs, or other pay records from your agency or payroll provider.

- NPPRC - www.archives.gov/personnel-records-center (314)801-0800
 - DOI Payroll (Interior Business Center) - Email: Payroll_Helpdesk@ios.doi.gov
1-888-367-1622
- Appeal Wrongful Termination (MSPB, EEO, or Whistleblower)
 - Do Not Wait. You Can Add Details Later.
 - MSPB Appeal (wrongful termination): www.mspb.gov (**Deadline: 30 days**)
 - [MSPB Probationary Fact Sheet](#)
 - EEO Discrimination Complaint: Contact an EEO counselor (Deadline: 45 days)
 - Whistleblower Complaint: www.osc.gov (Office of Special Counsel)
- Financial Assistance – Keep Your Life Stable
 - 211 (Emergency Help for Rent, Food, & Bills) – Call 211 or visit www.211.org
 - LIHEAP / LEAP (Utility Assistance) – www.acf.hhs.gov/ocs/programs/liheap
 - SNAP (Food Stamps) & WIC: www.fns.usda.gov/snap/state-directory
 - TANF (Cash Assistance): www.acf.hhs.gov/ofa/map/contact-information-tanf-offices
 - [Federal Employee Education & Assistance Fund](#): Merit based scholarships and emergency loans for federal employees
 - March 12th 9:00-11:00 AM - Montana Department of Labor and Industry Rapid Response Team will be running info events for unemployment at all Job Services Offices statewide. <https://montanaworks.gov/job-service-montana/>
 - [Land Management Workers Mutual Aid — Entry Form](#)
 - [Aid For Recently Terminated CGNF Forest Service Workers](#)
- Healthcare
 - [Fehb expanded eligibility plan.pdf](#)
 - [Termination, Conversion and Temporary Continuation of Coverage](#)
 - [Children's Health Insurance Program \(CHIP\)](#): provides low-cost health coverage to children in families that earn too much money to qualify for Medicaid, and in some states it covers pregnant women
- Conservation Job Boards
 - [Jobs Board — Association for Fire Ecology](#)
 - [Home | Natural Resources Job Board](#)
 - [Forestry Jobs - SAF Career Center](#)
 - [Job Board | NSF - National Science Foundation](#)
 - [Wildlife Jobs - The Wildlife Society](#)
 - [Conservation Jobs | Search our global conservation job board](#)
- Other support
 - Help4feds - support groups, share your story, compiled union information, and state by state unemployment info: [Help4Feds - Help for terminated federal employees](#)
 - Fedexitnetwork - [Job board](#), career help, grief processing, business startup info, etc: [Fed Exit Network](#)