



Federal Employee and Contractor Resources

Resource Page Compilation

Sources

- [Gov. Wes Moore and the State of Maryland](#)
- [Sen. Angela Alsobrooks](#)
- [Sen. Chris Van Hollen](#)
- [Rep. Sarah Elfreth](#)
- [Rep. Jamie Raskin](#)
- [Rep. Glenn Ivey](#)
- [Rep. April McClain-Delaney](#)
- [City of Baltimore, MOED](#)
- [Baltimore County](#)
- [Montgomery County](#)
- [Prince George's County](#)
- [Anne Arundel County](#)
- [Charles County](#)
- [Frederick County](#)
- [Howard County](#)

Resources

All resources listed with links, emails, or phone numbers, with the resource page source(s) that linked to the resource in the bullet below.

Help Lines

- Constituent Services - [Senator CVH's Constituent Services Form](#) (or 301-545-1500)
 - Sen. Van Hollen
- [Help with a Federal Agency | Representative Sarah Elfreth](#) (or 202-225-4016)
 - Rep. Elfreth
- [Help With a Federal Agency | Congressman Jamie Raskin](#) (or 301-345-1000)
- Anne Arundel County [Community Engagement and Constituent Services \(CECS\)](#)



MAYOR'S OFFICE OF EMPLOYMENT DEVELOPMENT

- AA County
- [Report Potential Wrongdoing Under the Trump Administration | The Committee on Oversight and Accountability Democrats](#)
 - Rep. Elfreth, Rep. Ivey
- Montgomery County [24-Hour Crisis Center](#) (or 240-777-4000)
 - Montgomery County
- [988 Suicide Prevention and Crisis Lifeline](#)
 - Montgomery County, Frederick County, Howard County
- [211 Maryland | MD Health And Human Services | Get Help](#)
 - PG County, Charles County
- [Prince George's County 311](#)
 - PG County
- Prince George's County Mental Health Support Line (301-856-9500)
 - PG County
- [Federal Government Transition Impact Survey](#) for Charles County residents and businesses
 - Charles County
- Howard County impacted federal employee assistance help inbox: hocohelp@howardcountymd.gov
 - Howard County

Unemployment Insurance

Applicants must file for UI in the state/district of their duty station, not their residence.

- State of Maryland - [FAQs for Federal Employees - Division of Unemployment Insurance](#) (or 667-207-6520)
 - State of Maryland, Sen. Alsobrooks, Sen. Van Hollen, Baltimore County, Montgomery County, AA County, Charles County
- State of Maryland – [Regular Unemployment Insurance Overview](#) for other workers impacted by federal action (or 667-207-6520)
 - Baltimore County, AA County, Charles County, Frederick County, Howard County
- District of Columbia - [Office of Unemployment Compensation](#)
 - Rep. Elfreth, Montgomery County
- State of Virginia - [Apply for Unemployment Benefits](#)
 - Montgomery County



Job Placement Resources

Job Seeker Services

- American Job Centers/One-Stop Career Centers - [Maryland's American Job Centers](#)
 - State of Maryland, Baltimore City MOED, Baltimore County
- Professional Outplacement Assistance Center (POAC) - [POAC Website](#)
 - State of Maryland, Baltimore County
- [Request Job Seeker Services](#) – Baltimore City MOED
 - Baltimore City MOED
- [Request Job Seeker Services](#) – Baltimore County Government
- Virtual Workshop Wednesdays at 9:00 AM (email FedWorker.Transition@maryland.gov) - [DOL Weekly Workshop](#)
 - State of Maryland, Baltimore City MOED, Baltimore County, Charles County
- [Job Seekers - Montgomery County Public Libraries \(MCPL\) - Montgomery County, Maryland](#)
 - Montgomery County
- [WorkSource](#) - Workforce Development Agency for Montgomery County
 - Montgomery County
- [Employ Prince George's](#) – County Workforce Development Agency
 - PG County
- [Prince George's County Economic Development Corporation](#) and [“Innovation Station Business Incubator”](#)
 - PG County
- [Prince George's Financial Services Corporation “FSC First”](#) page for entrepreneurs
 - PG County
- [Anne Arundel Workforce Development Corporation](#)
 - AA County
- Charles County [small business supports](#)
 - Charles County
- Charles County [JobSource Job Seeker Services](#)
 - Charles County
- [Tri-County Council for Southern Maryland](#) – job seeker services and transportation services for Calvert, Charles, and St. Mary's Counties
 - Charles County
- Frederick County Workforce Services to [Job Seekers](#)
 - Frederick County



- State of [Maryland Jobs Resources Page - Maryland.gov](#)
 - Frederick County
- Frederick County small business supports – [Office of Economic Development](#)
 - Frederick County
- [Howard County Office of Workforce Development](#) expanded hours for job seeker assistance
 - Howard County
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Job Boards/Postings

- Maryland State Job Board - [State of Maryland Job Openings](#)
 - State of Maryland
- Maryland Municipal League's Job Board - [MD Municipal Careers](#)
 - State of Maryland
- Baltimore Mayor's Office of Employment Development [Now Hiring Job Board](#)
 - Baltimore City MOED
- Baltimore County's [Job Board](#)
- Baltimore City [Job Board](#) (for jobs with the City government)
 - Baltimore City MOED
- [Anne Arundel County Government Jobs](#) (or 410-222-7600)
 - AA County
- [Anne Arundel Workforce Development Corporation Partner Job Portal](#)
 - AA County
- [Government Jobs Job Board](#) (Public Sector Job Board across multiple jurisdictions)
 - Montgomery County, Howard County
- [Maryland Workforce Exchange](#) – statewide job search platform
 - PG County
- Anne Arundel Co. - [Former Federal Worker Hiring Event](#) – March 20th
 - AA County
- [Frederick County Government job board](#)
 - Frederick County

Health Coverage

- [Maryland Health Connection insurance marketplace](#)
 - State of Maryland, AA County, Frederick County, Howard County



MAYOR'S OFFICE OF EMPLOYMENT DEVELOPMENT

- [Maryland Seedco](#) – Official partner with the MD Health Connection, enrollment assistance
- [LGBTQ+ Health Resources - Maryland Department of Health](#)
 - Sen. Alsobrooks, Sen. Van Hollen, Rep. Ivey
- Frederick County Health Department [subsidized cancer screenings](#)
 - Frederick County

Legal Resources and Know Your Rights

These links are provided for informational purposes only, and not as legal advice or endorsements

Finding Legal Representation

- [National Employment Lawyers Association - Find-A-Lawyer](#)
 - State of Maryland
- [Metropolitan Washington Employment Lawyers Association - Find A Lawyer](#)
 - State of Maryland
- [Government Employees Pro Bono - Federal Circuit Bar Association](#)
 - State of Maryland
- [Legal Services Directory | The Maryland People's Law Library](#)
 - State of Maryland

Legal Aid Resources

- [Maryland Legal Aid](#)
 - State of Maryland
- [Employment Law | The Women's Law Center of Maryland](#)
 - State of Maryland
- [Maryland Court Help Centers | Maryland Courts](#)
 - State of Maryland
- [Workers' Rights Clinic - The Washington Lawyers' Committee](#)
 - State of Maryland

Information

- [Employee Rights & Appeals](#) – OPM Website
 - State of Maryland, Sen. Alsobrooks, Sen. Van Hollen, Rep. Elfreth, Rep. Raskin, Rep. Ivey, Rep. McClain-Delaney, Montgomery County
- [Prohibited Personnel Practices - OPM](#)



MAYOR'S OFFICE OF EMPLOYMENT DEVELOPMENT

- Sen. Alsobrooks, Sen. Van Hollen, Sen. Van Hollen, Rep. Elfreth, Rep. Raskin, Rep. Ivey, Rep. McClain-Delaney, Montgomery County
- [Office of Special Counsel - Your Rights as a Federal Employee](#)
 - State of Maryland
- [Overview Of Federal Sector EEO Complaint Process | U.S. Equal Employment Opportunity Commission](#)
 - State of Maryland, Sen. Alsobrooks, Sen. Van Hollen, Rep. Elfreth, Rep. Raskin, Rep. Ivey, Rep. McClain-Delaney, Montgomery County
- [Introduction - Federal Civil Service Employment Law: A Beginner's Guide - Research Guides at Library of Congress](#)
 - Sen. Alsobrooks, Sen. Van Hollen, Rep. Elfreth, Rep. Raskin, Rep. Ivey, Montgomery County
- [Resources for Civil Servants | Civil Service Strong](#)
 - State of Maryland, Sen. Alsobrooks, Rep. Elfreth, Montgomery County
- [The Whistleblower Protection Act \(WPA\): A Legal Overview](#)
 - Sen. Alsobrooks, Sen. Van Hollen
- [Frequently Asked Questions](#) and [Resources for Whistleblowers | Office of the Whistleblower Ombudsman](#)
 - Sen. Alsobrooks, Sen. Van Hollen, Rep. Elfreth, Rep. Raskin, Rep. Ivey, Rep. McClain-Delaney, Montgomery County
- [Senate Democrats Whistleblowers' Portal | The Senate Democratic Caucus](#)
 - Sen. Alsobrooks, Sen. Van Hollen
- [2025 LGBTQ+ Guidance Memorandum from Maryland Attorney General](#)
 - Sen. Alsobrooks, Sen. Van Hollen, Rep. Elfreth
- [Know Your Rights Page, Gilchrist Immigrant Resource Center, Montgomery County, MD](#)
 - Rep. Elfreth
- [Supporting Federal Employees Through Change • Partnership for Public Service](#)
 - Montgomery County

Immigrant Families

- [Maryland Public Schools Guide on Immigration Enforcement Actions at Maryland Schools](#)
 - Sen. Alsobrooks, Sen. Van Hollen, Rep. Elfreth, Rep. Ivey
- Howard County Public Schools [Support for Immigrant Students and Families](#)
 - Rep. Elfreth, Rep. Raskin



- Anne Arundel County Government [Immigrant Affairs Commission](#)
 - Rep. Elfreth
- [Recognized Organizations and Accredited Representatives Roster by State and City](#)
 - US Justice Department (start at page 70)
 - Sen. Alsobrooks, Sen. Van Hollen, Rep. Elfreth, Rep. Raskin, Rep. Ivey
- [Finding Immigration Assistance](#) – Maryland Attorney General
 - Rep. Elfreth, Rep. Ivey
- Maryland [Governor's Office of Community Initiatives](#) – Immigrant Affairs
 - Rep. Elfreth, Rep. Ivey
- US Citizenship and Immigration Services Online [Tools Guide](#)
 - Rep. Elfreth, Rep. Ivey
- [ICE Portal](#) for people placed in removal proceedings
 - Rep. Elfreth, Rep. Ivey
- Representative Elfreth's [Know Your Rights Fact Sheet](#)
 - Rep. Elfreth

LGBTQIA+

- Maryland Safe Schools Reporting System - [Report a Tip](#)
 - Rep. Elfreth, Rep. Raskin, Rep. Ivey
- Howard County - [Human Rights & Equity](#) Site (File a Discrimination Complaint)
 - Rep. Elfreth
- Anne Arundel County - [Equity and Human Rights](#)
 - Rep. Elfreth
- City of Annapolis - [Human Relations Commission](#)
 - Rep. Elfreth
- Maryland [Governor's Office of Community Initiatives](#) – Commission on LGBTQIA+ Affairs
 - Rep. Elfreth, Rep. Ivey
- Montgomery County [Office of Human Rights - Moco Pride Center](#)
 - Rep. Raskin

Other Resource Links

Connections/Referrals to Resources, General Assistance

- [Services - Maryland Department of Human Services](#)
 - PG County, Charles County



MAYOR'S OFFICE OF EMPLOYMENT DEVELOPMENT

- [myMDTHINK Programs & Services Portal](#) - a website that helps you find and apply for various programs and services in Maryland
 - Baltimore County, Charles County, Frederick County
- [Network of Care services referral service](#) for Anne Arundel County
 - AA County
- Anne Arundel County Children, Youth, and Families – [Systems of Care](#)
 - AA County
- Anne Arundel County Department of Aging and Disabilities – [Information and Assistance Program](#)
 - AA County
- Anne Arundel County Department of Aging and Disabilities – [Veterans Services Coordination Center](#)
 - AA County
- Washington DC – [Catholic Charities quick resource guide](#)
 - Charles County
- [Charles County Resource Connection](#) – searchable database of support services for Charles
 - Charles County
- Maryland [Temporary Cash Assistance - Maryland Department of Human Services](#)
 - Howard County

Homelessness and Homelessness Prevention

- [Preventing and Ending Homelessness | Baltimore County Government](#)
 - Baltimore County
- Montgomery County [DHCA's Foreclosure Prevention](#)
 - Montgomery County
- Montgomery County [MD 311 – Eviction Prevention/Assistance](#)
 - Montgomery County
- [Arundel Community Development Services Inc](#) foreclosure prevention and rental assistance
 - AA County
- Frederick County rental assistance – [Beyond Shelter Frederick](#) (or 301-631-2670)
 - Frederick County
- Howard County DHCD - [foreclosure prevention program](#)
- Prince George's County [Emergency Rental Assistance Program](#)
 - PG County



MAYOR'S OFFICE OF EMPLOYMENT DEVELOPMENT

- [Charles County affordable/low-income housing options](#)
 - Charles County
- [Charles County Homeless Services resource list](#)
 - Charles County

Utilities and Payment Plans

- Anne Arundel County water/sewer [bill payment assistance and payment plans](#)
 - AA County
- Frederick County water/sewer bill payment assistance – call 301-600-1025
 - Frederick County
- State of Maryland - [Applying For Energy Assistance - Maryland Department of Human Services](#)
 - Frederick County
- Frederick County property tax bill assistance (301-600-1111)
 - Frederick County

Food Assistance

- [Food Pantry Locator](#) – Baltimore County Government
 - Baltimore County
- [Anne Arundel County Food Bank locator](#)
 - AA County
- [Maryland Food Bank locator](#)
 - Frederick County
- [Frederick Rescue Mission Bread of Life Kitchen](#)
 - Frederick County
- [Howard County Food Bank food assistance](#) – terminated federal employees may receive a bag of shelf staples twice a month for up to three months
 - Howard County
- [Supplemental Nutrition Assistance Program \(SNAP\) - Maryland Department of Human Services](#)
 - Baltimore County, Frederick County
- Montgomery County [Food Resources - Office of Food Systems Resilience](#)
 - Montgomery County
- Anne Arundel County Animal Care Control – [Pet Food assistance](#)
 - AA County



MAYOR'S OFFICE OF EMPLOYMENT DEVELOPMENT

- Frederick County Public Schools – Apply for school meal assistance through [LINQ Connect - Making Schools Stronger](#)
 - Frederick County
- Frederick County – [WIC Supplemental Nutrition Program](#)
 - Frederick County

Child Care Assistance

- [Before and After School Childcare - Baltimore County Public Schools](#)
 - Baltimore County
- [Montgomery County DHHS - Look for Child Care](#)
 - Montgomery County
- Charles County Department of Community Services – [Child Care Program](#)
 - Charles County
- Maryland statewide childcare provider search – [Maryland Family Network](#)
 - Charles County
- Howard County Recreation and Parks - [Recreational Licensed Before and After Child Care](#) at HoCo Public Schools
 - Howard County
- The County's Department of Community Resources and Services' Office of Children and Families' CARE Line - FREE information and referral service (410-313-2273) or children@howardcountymd.gov.
 - Howard County

Health Programs

- [Prince George's County Health Department](#)
 - PG County
- [Anne Arundel County Health Department](#)
 - AA County
- [Anne Arundel County Mental Health Agency](#) (or 410-768-5522)
 - AA County
- [Charles County Aging and Senior Services](#)
 - Charles County
- Frederick County mobile clinic for free healthcare, dental care, and medication via [Mission of Mercy](#)
 - Frederick County
- Frederick County Department of Social Services - [Medicaid Assistance](#)



- Frederick County
- Mental Health Association of Frederick County walk-in crisis center at 340 Montevue Lane, Frederick.
 - Frederick County

Transit and Transportation Assistance

- [Free transit routes in Anne Arundel County](#)
 - AA County
- Southern Maryland transit program – [VanGo](#)
 - Charles County
- [Free transit routes in Frederick County](#)