







## Job seekers

There may be services to support you if you:

- are looking for work
- have lost your job
- are at risk of losing your job
- are sick or injured and cannot do your usual work or study for a short time.

## Payments while you look for work

You may get a payment from us every 2 weeks while you look for work. To get a payment, you will need to show us you are:

- actively looking for work, or
- improving your skills to help you find a job.

**JobSeeker Payment** is financial help if you are between 22 and Age Pension age.

You can get it while you are unemployed and looking for work, or doing approved activities to find a job. It is also available when you are sick or injured and cannot do your usual work or study.

**Parenting Payment** helps with the cost of raising young children. If you are single, you must care for a child under 8. If you have a partner, you must care for a child under 6.

**Youth Allowance** is a payment for young people aged 21 or under who are looking for work. You may get it if you are sick or injured and cannot do your usual work or study for a short time.

### Payment rates

For the latest payment rates information go to [servicesaustralia.gov.au](https://servicesaustralia.gov.au)

## Help to look for work

Employment services providers help job seekers to prepare and look for work. This may include training and use of computers and telephones to help look for jobs.

We may be able to refer you to online employment services or a provider in your area, depending on your circumstances. To take part, you may need to meet residence requirements such as holding a certain visa or being an Australian citizen.

The 4 different types of providers are:

- **jobactive** can help you find and keep a job. They will assess your needs and tailor their services to you. They can help you write a resume, look for work, prepare for interviews and more. jobactive also includes an online employment service.
- **Transition to Work** can help some young job seekers aged 15 to 24 build skills and confidence to start work, study, apprenticeships and traineeships.

- **Disability Employment Services** can help you find a job if you have disability, injury or illness. They can then help your employer to support you at work.
- **Community Development Program** can help job seekers in remote areas of Australia to take part in activities in their community and gain skills that match local jobs.

## For more information

- Call **131 202** to speak with us in your language about Centrelink payments and services
- Call the Translating and Interpreting Service (TIS National) on **131 450** to speak with us in your language about Medicare and Child Support payments and services
- Go to **servicesaustralia.gov.au/yourlanguage** where you can read, listen to or watch information in your language
- Go to **servicesaustralia.gov.au/jobseekers** for more information in English
- Visit a service centre.

Note: calls from your home phone to '13' numbers from anywhere in Australia are charged at a fixed rate. That rate may vary from the price of a local call and may also vary between telephone service providers. Calls to '1800' numbers from your home phone are free. Calls from public and mobile phones may be timed and charged at a higher rate.

## Disclaimer

The information contained in this publication is intended only as a guide to payments and services. It's your responsibility to decide if you wish to apply for a payment and to make an application with regard to your particular circumstances.