



U.S. Small Business Administration

Richmond District Office  
400 N. 8th Street  
Suite 1150  
Richmond, VA 23219  
(804) 771-2400

[www.sba.gov/  
localresources/district/va](http://www.sba.gov/localresources/district/va)

**Have a question?  
Call us at (804)  
771-2400.**

Other Publications:

-[How to manage your business in a recession](#) from *Fortune*\*\*

-[Tips from the American Institute of CPAs](#)\*\*

\*\*Articles are not published by SBA or its Resource Partners, please see our [Disclaimer of Endorsement and Liability](#).

## Surviving an Economic Downturn

Trying to see your business through the economic downturn? Been laid off and looking to start your own business? Need to close your business? **We have gathered resources for each scenario to assist you.**

### ALREADY OWN YOUR BUSINESS?

1. [SBA Offers New Online Resources for Small Businesses to Help with Economic Recovery.](#)
2. Have an SBA loan and need a deferment? [SBA is encouraging lenders to offer Loan Deferments.](#)
3. Need an SBA loan? See our [Lender Listing](#) for a lender near you.
4. Receive professional business guidance and practical solutions from a [Small Business Development Center](#) near you. Also see the Virginia SBDC Network's "[Strategies For An Economic Downturn.](#)"
5. Look for markets overseas. Contact an SBA [U.S. Export Assistance Center](#) which offers a full range of federal export programs and services from a number of federal agencies under one roof. Many locations have new-to-export programs called E-TAP. [SBA Export financing programs](#) are also available.
6. See "The Recession Survival Guide" at [SCORE: Counselors to America's Small Business.](#)
7. Take a FREE [online training course](#) on the following topics:
  - ["Surviving in a Down Economy"](#)
  - ["Strategic Marketing: How to Win Customers in a Slowing Economy"](#)
  - ["Retool & Reposition your company - How to Prepare a Business Plan."](#)

### LOOKING TO START A NEW COMPANY?

1. Contact a [SCORE office](#) to set up a FREE one-on-one counseling session with a business professional. Some SCORE Chapters also offer a one-day seminar for aspiring entrepreneurs. Ask your chapter if they have one.
2. Use our [Small Business Planner](#) to find out how to Write a Business Plan; Find a Mentor; Buy a Business; Finance your Start-up, and more.
3. Find out how to start a [Home-based Business](#) (*Entrepreneur.com*).
4. Take a FREE [online training course](#) on the following topics: Guide to Starting a Business; How to Prepare a Business Plan; How to Prepare a Loan Package and Assess Financial Needs, and much more.

### NEED TO CLOSE YOUR BUSINESS?

Visit our "[Getting Out](#)" [webpage](#) for guidance on closing the business.