

File a Claim

If you've lost your job in Connecticut, you can File a Claim at the [Connecticut Department of Labor and Employment's website](#).

Eligibility

You must be unemployed through no fault of your own, as defined by Connecticut law. Here are the three primary ways you may lose your job and how each relates to your Eligibility for benefits:

- **Layoffs** due to “downsizing” or a reduction-in-force will qualify you for benefits.
- **Firing** due to “willful misconduct” related to your job makes you ineligible for benefits. However, if you’re fired simply because you weren’t a good fit or lacked the skills to perform the job, you may be able to collect.
- **Quitting** your job will make you ineligible for benefits unless your work environment had become so hostile you felt you had to leave (e.g., sexual harassment). You may be able to collect benefits if you quit due to compelling personal reasons, such as caring for an ill family member.

You must have made a certain amount of money before losing your job, which is calculated by your base period. Your base period is the earliest four of the five completed calendar quarters before you filed your benefits claim. For example, if your claim was filed on Oct. 10, 2019, your base period would be the 12-month period beginning July 1, 2018, and ending June 30, 2019. In Connecticut, in order to be eligible, you must have earned at least 40 times the Weekly Benefit Rate.

You must be able to work, available to work and seeking employment. If you find a suitable position, you must accept it. Suitability varies depending on your skill set, training, salary and more. Over time, if you still haven’t found work, you may have to compromise on a job that doesn’t quite match what you were doing before.

Duration of Benefits

Connecticut residents can collect unemployment benefits for up to 26 weeks.

Weekly Benefit Rate

Your benefit caps out at \$594 per week.