

File a Claim

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

Eligibility

You must be unemployed through no fault of your own, as defined by Maine 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** for reasons related to misconduct 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 you can prove there was a compelling work-related reason that forced you to leave (e.g., sexual harassment, dangerous working conditions). You may also qualify if you meet certain compelling personal reasons, such as moving with your partner if he or she is relocated by the military.

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 Maine, in order to be eligible, you must meet the following wage requirements:

- You must have made at least two times the average weekly wage in Maine during at least two quarters of the base period.
- You must have made at least six times the average weekly wage in Maine during the entire base period.

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

Maine residents can collect unemployment benefits for a maximum of 26 weeks, with additional weeks during times of high unemployment.

Weekly Benefit Rate

You may receive somewhere between \$10 and \$386 per week.