

File a Claim

If you've lost your job in New Hampshire, you can File a Claim at the [New Hampshire Employment Security website](#).

Eligibility

You must be unemployed through no fault of your own, as defined by New Hampshire 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** would make you ineligible for benefits. If there was a compelling personal reason that forced you to leave (e.g., sexual harassment, dangerous working conditions, relocation with a military spouse), you will likely receive benefits.

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 New Hampshire, to meet Eligibility requirements, you must:

- Have earned at least \$2,800 during the full base period.
- Have made at least \$1,400 in two quarters of the base period.
- You earned some wages in at least three of the four quarters of the base period.

New Hampshire also offers an alternative base period, which looks at your last four completed quarters.

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

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

Weekly Benefit Rate

You can receive somewhere between \$32 and \$427 per week.