

File a Claim

If you've lost your job in Tennessee, you can File a Claim at the [Tennessee Department of Labor & Workforce Development website](#).

Eligibility

You must be unemployed through no fault of your own, as defined by Tennessee 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-workforce 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. To qualify for benefits in Tennessee, you must meet the following criteria:

- You earned at least \$780.01 on average in your two highest-paid quarters of your base period.
- You earned \$900 or six times your weekly benefit amount in the three 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 other factors. 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

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

Weekly Benefit Rate

You can receive somewhere between \$30 and \$275 per week.