

Translation services available upon request.



## Unemployment Compensation

A weekly benefit may be available to workers who have lost a job through no fault of their own. Unemployment insurance claims can be filed 24/7 online. There is no physical unemployment office to visit. Instructions on how to file an initial claim or weekly certification and the log-in to ReEmployME can be found at [www.maine.gov/unemployment](http://www.maine.gov/unemployment). For questions regarding your unemployment claim, please call 1-800-593-7660. For general unemployment questions you may also contact your local CareerCenter.

## Job Search Assistance

Receive assistance with your job search on the Maine JobLink (matching your skills and experience to available job openings). To be eligible for unemployment compensation, you must be registered on Maine JobLink which can be accessed at [joblink.maine.gov](http://joblink.maine.gov). For questions regarding Maine JobLink please call 207-623-7967. TTY users call Maine Relay 711.

## CareerCenter Services

Includes workshops on the fundamentals of a successful job search, and job training assistance. There are 12 CareerCenters located throughout Maine with information and resources on-line at [www.mainecareercenter.gov](http://www.mainecareercenter.gov). Additional services may be available for military Veterans and those with a disability.

If you have any questions about available services, please email us at [RapidResponse.DOL@maine.gov](mailto:RapidResponse.DOL@maine.gov).

# Resources for laid off workers

## Health Care and Health Insurance

Consumers for Affordable Health Care serves as Maine's Consumer Assistance Program. They can provide you with confidential information on possible options for low-cost health insurance including MaineCare through their tollfree "Helpline" at 1-800-965-7476 or visit [enroll207.com](http://enroll207.com) or [www.coverme.gov](http://www.coverme.gov).

## Training Assistance

CareerCenter training partners offer financial assistance to qualified individuals.

County of Residence	Resource
Androscoggin   Franklin Hancock   Kennebec Oxford   Penobscot Piscataquis   Somerset Washington	<b>Eastern Maine Development Corporation</b> <a href="http://www.emdc.org/workforce/education-training">www.emdc.org/workforce/education-training</a> 207-942-6389
Aroostook	<b>Aroostook County Action Program</b> <a href="http://www.acap-me.org">www.acap-me.org</a> 207-764-3721
Cumberland   Knox Lincoln   Sagadahoc Waldo   York	<b>Workforce Solutions</b> <a href="http://www.workforcesolutionsme.org">www.workforcesolutionsme.org</a> 207-775-5891
<b>Adult Training</b>	
<b>Maine Education Opportunity Center</b> <a href="http://meoc.maine.edu">meoc.maine.edu</a>   1-800-281-3703	
<b>Maine Spark</b> <a href="http://mainespark.me/adult-promise/adult-promise-hub">mainespark.me/adult-promise/adult-promise-hub</a>	

For additional resource information in your local area, Dial "211."

For a complete resource guide:

[https://www.mainecareercenter.gov/docs/2022/transitions\\_guide\\_2022.pdf](https://www.mainecareercenter.gov/docs/2022/transitions_guide_2022.pdf)

<https://www.mainecareercenter.gov/docs/2021/JobSeekerGuide.pdf>

