



NCCBG Advisory: North Carolina Unemployment Resources

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Filing for Unemployment (NC Dept of Commerce, Employment Security)

For more information and to apply:

<https://www.des.nc.gov/individuals/apply-unemployment>

Unemployment benefits provide temporary payments to eligible workers who lose their job through no fault of their own. These benefits are paid for with unemployment insurance taxes paid by employers. Workers pay no part of the cost. You must be able and available to work, and actively seeking work, to receive benefits. In North Carolina, you may receive up to \$350 a week in unemployment benefits for up to 12 weeks.

Not everyone who applies for unemployment benefits will qualify. Certain conditions must be met in order to meet initial eligibility requirements and to remain eligible to receive benefits. Individuals pay no part of the costs of unemployment benefits. Employers pay the full cost of unemployment benefits.

Filing your claim will go faster if you have the following important documents before you begin.

- Your Social Security number.
- Information about separation, vacation or severance pay you received, will receive or are entitled to receive from your most recent employer.
- Information about retirement pay you receive, including the gross monthly amount and proof of payment.
- Your bank routing number and account number to set up direct deposit of benefits into your bank account. If you do not select direct deposit, your benefits will be paid on a DES debit card.
- Your work history for the past two years. For each employer, you will need:
 - The employer name as it appears on your check stub.
 - The employer's payroll address, physical address and telephone number
 - Your employment dates, rate of pay and reason for separation from employment.

NC Dept of Health & Human Services

For more information on the programs listed below, click this link:

[QUICK GUIDE TO NCDHHS SERVICES for Individuals and Families Experiencing Unemployment](#)

NCDHHS Services & Programs:

- **Child Care Subsidy program** provides subsidized child care services to eligible families.
- **Food and Nutrition Services (FNS, Food Stamps, Supplemental Nutrition Assistance Program)** is a program that helps eligible people with limited incomes supplement their budgets so they can purchase food.
- **The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC Program)** serves to safeguard the health of low-income pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 who are at nutritional risk by providing healthy foods, breastfeeding support, nutrition education, and referrals.
- **Temporary Assistance for Needy Families (TANF) program (Work First)**, provides parents with short-term training and other services to help them become employed and move toward self-sufficiency.
- **Low-Income Energy Assistance Program (LIEAP)** provides a one-time annual vendor payment to help eligible individuals and families pay their heating bills
- **Crisis Intervention Program (CIP)** assists individuals and families who are experiencing a heating or cooling related crisis.
- **Medicaid health insurance program** for low-income individuals and families who cannot afford health care costs.
- **Community Action Agencies (CAAs)** provide services and programs, designed to help low-income people reach and maintain self-sufficiency, including household budgeting, emergency assistance, weatherization assistance, support with education and housing, and nutrition assistance.
- **NCCARE360** helps you connect with resources in all 100 NC counties. Call 2-1-1 or submit an Assistance Request Form to learn more about resources in your community, including more than 13,000 service listings and 26,000 service locations.



NCWorks Online

For more information & to start your job search, click here:

<https://www.ncworks.gov/vosnet/default.aspx>

NCWorks Online is an online resource center compiling a complete set of employment tools for job seekers in North Carolina. Create an online account to search posted jobs, create your résumé, explore career fairs, and find education and training.

Suicide & Crisis Lifeline - 988

People can call or text 988 or chat for themselves or if they are worried about a loved one who may need crisis support. The lifeline is free and confidential for everyone.

988 offers free, 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be:

- Thoughts of suicide,
 - Mental health or substance use crisis, or
 - Any other kind of emotional distress.
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