

RESOURCES FOR LAID OFF WORKERS

- **Unemployment Compensation:** a weekly benefit may be available to workers who have lost a job through no fault of their own. Unemployment business is conducted most effectively via the Internet with no physical unemployment office to visit. Filing an initial or weekly claim may be done online at www.maine.gov/reemploye. For questions regarding unemployment, please call **1-800-593-7660**, or contact via email at www.maine.gov/labor/contact/index.html, radio button/click on Unemployment, then click on Submit Question or Comment.
- **Job Search Assistance:** receive assistance with your job search through job matching 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/ada/r/ For questions regarding Maine JobLink please call 207-623-7967.
- **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.maineccareercenter.gov. Additional services may be available for military Veterans and those with a disability. **Call (207) 623-7981**
- **Health Care and Health Insurance** is often a concern for someone who has lost a job. **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 or www.coverme.gov/
- **Training Assistance:** CareerCenter Training partners offer financial assistance to qualified individuals.
 - **Androscoggin, Franklin, Kennebec, Oxford and Somerset County residents:** Eastern Maine Development Corporation- www.emdc.org/workforce/education-training/
 - **Hancock, Penobscot, Piscataquis and Washington County residents:** Eastern Maine Development Corporation- www.emdc.org/workforce/education-training/
 - **Aroostook County residents:** Aroostook County Action Program- www.acap-me.org/~nl da225/programs/workforcedevelopment/
 - **Cumberland, Knox, Lincoln, Sagadahoc, Waldo and York County residents:** Workforce Solutions- www.workforcesolutionsme.org/
 - Maine also provides many options for Adult Training: contact Maine Education Opportunity Center - meoc.maine.edu/ or 1-800-281-3703, or Maine Spark - mainespark.me/adult-promise/adult-promise-hub/ for more information.
- **Dial "211"** -for Additional Resource Information in your local area.
- For a complete resource guide - https://www.maine.gov/labor/docs/2020/careercenter/transitions_guide_2020a.pdf
- If you have any questions about available services, please email us at RapidResponse.DOL@maine.gov.

The Maine Department of Labor provides equal opportunity in employment and programs. Auxiliary aids and services are available to individuals with disabilities upon request.