

## ***What Should I Do If I Become Unemployed?***

### **New Hampshire Employment Security Video Script**

Hi, I'm Dianne, of New Hampshire Employment Security.

It can be stressful and frightening to be told that you've lost your job or that your hours are being cut-back. The very best thing you can do is get information. Visit [www.nhes.nh.gov](http://www.nhes.nh.gov) right away. This is your one-stop shop for unemployment compensation information. You can file a new claim or re-open an existing one at [nhuis.nh.gov/claimant](http://nhuis.nh.gov/claimant), or visit the nearest New Hampshire Works office.

If your hours are reduced, open your claim within the same week that the reduction starts. If you become unemployed from full-time work on a Thursday or Friday, open your claim online on the following Sunday or Monday. If your last employment was in New Hampshire but you are currently living in another state, please file your claim online at our web site [www.nhes.nh.gov](http://www.nhes.nh.gov). If you live in New Hampshire, but have never worked in New Hampshire, or for a company base in New Hampshire, your claims should be filed against the state you last worked in. All New Hampshire unemployment claims are filed online. If you don't have access to the Internet or need assistance, please visit your nearest NHWorks office, or call 1-800-266-2252 during regular business hours: 8am-4:30pm, Monday thru Friday. Please watch the "How Do I Get Started?" segment (#2). for a list of the documents and information you'll need to have ready for filing.

Thank you.