

Need help with unemployment insurance?

Navigators are available to help you understand and file for unemployment insurance.

Navigators help you:

- File for unemployment benefits.
- Verify your identity and protect your information.
- Avoid mistakes on your claim.
- Verify the documents you need.
- Connect with resources for job seekers.
- Reduce the stress of looking for work with the help of benefits.

Now serving you from mobile office locations around Idaho.

Talk to a navigator at your nearest Idaho Department of Labor office. Find locations as labor.idaho.gov/officedirectory.

Call (208) 735-2500.

Or find your nearest location at labor.idaho.gov.

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