

# Need help with unemployment insurance?

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

Learn how to:

- File for unemployment benefits.
- Verify your identity and protect your information.
- Avoid delays on your claim.
- Identify the documents you need.
- Connect with resources for job seekers.

## Now serving you from mobile locations around Idaho.

Talk to a navigator at the nearest Idaho Department of Labor office. Find locations at [labor.idaho.gov/officedirectory](https://labor.idaho.gov/officedirectory).

Apply for unemployment insurance online using the [Claimant Portal](#).

Questions? Visit the department's [Frequently Asked Questions](#).