

STATE RESOURCES FOR SHUTDOWN-IMPACTED FEDERAL EMPLOYEES AND CONTRACTORS

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As the federal budget impasse continues, thousands of workers are missing their paychecks through no fault of their own. This situation is stressful for federal employees and their families, who rely on this pay to meet their everyday needs. The pain extends to the employees of federal contractors and their families. Unemployment compensation is available. Claimants must apply for unemployment insurance benefits in their state. A federal employee's last official duty station determines the state in which the employee may submit an unemployment insurance application. Benefit amounts and duration vary by state.

Who Qualifies

Furloughed employees who are prevented from working [may qualify](#) for benefits but must repay them after they receive backpay (if and when their jobs resume after the government shutdown). As an example, furloughed federal employees receive unemployment benefits as a loan that must be repaid once backpay arrives.

Employees of federal contractors may be eligible for unemployment insurance benefits when they cease work. If you receive a W-2, you are an employee.

Who Does Not Qualify

"Essential" or "excepted" employees who must keep working do not qualify for unemployment benefits. [Legislation](#) to address employees in this situation has been proposed.

Independent contractors may not qualify either. If you receive an IRS Form-1099 reporting your earnings, you are probably an independent contractor.

Recommendations

1. If you are not sure whether you qualify for unemployment benefits, go ahead and apply. If denied, you can still appeal.
2. Consult your labor union for information during any major employment event.

FOOD ASSISTANCE

Resources for local food and other assistance for federal workers may be available through the [AFL-CIO Community Partnerships and United Way: Government Shutdown Resources](#). You may dial 2-1-1 or visit: 211.org for more information.

If you wish to make a donation to support federal worker assistance, please visit the [Federal Worker Solidarity Fund for the DC Region](#). Contact your local central labor council or area labor federation for local donation options. For more information, please send a message to the AFL-CIO United Way Worldwide Partnership Director Kristie Small at: ksmall@aficio.org.

STATE-BY-STATE RESOURCES

- [Unemployment Benefits Finder \(Search by State\)](#)

Alabama

- [Alabama Department of Workforce Unemployment Insurance Program](#)
 - [Claimant Portal](#)

Alaska

- [Department of Labor and Workforce Development](#)
 - [Alaska Unemployment Insurance General Information](#)
- **Food Bank for Federal Workers Impacted by the Government Shutdown**
Pick-Up Available from 9 a.m.–5 p.m.
IBEW Local 1547 Union Hall, 3333 Denali St. #200, Anchorage, AK (Buzz In)
Contact: alex@akaficio.org; 907-830-7097

Arizona

- [Arizona Department of Economic Security](#)
 - [Apply for Unemployment Insurance \(UI\) Benefits](#)
 - [Job Seekers](#): This site has information on general employment services, veterans programs and more.
- [Arizona AFL-CIO](#) is accepting donations to support federal workers. UFCW Local 99 kicked off the support drive [with a \\$20,000 donation](#).

Arkansas

- [Arkansas Unemployment Insurance Claims](#)

California

- [California Employment Development Department](#)
 - [Unemployment Benefits](#)
 - [Job Services](#)

Colorado

- [Colorado Department of Labor and Employment \(CDLE\)](#)
 - [Resources for Federal Workers](#)
 - [Filing Your Claim](#)
 - [Reemployment Support from CDLE](#): This page includes information about Colorado's Workforce Centers, which provide services such as job listings, computer and internet access, career counseling, and training for job seekers.
 - [Help After Job Loss: Colorado Rapid Response](#)

Connecticut

- [Connecticut Department of Labor: Unemployment Information for Federal Employees and Contractors](#)
- [Connecticut Department of Labor: American Jobs Centers](#): These centers provide job search assistance and support.

Delaware

- [Division of Unemployment Insurance](#)
- [Resource Page: Federal Government Shutdown](#)

District of Columbia

- [DC Department of Employment Services: Unemployment Compensation for Former Federal Employees](#)
- [Impact to Federal Workers](#): This new website is intended to support federal workers.
- [Office of Unemployment Compensation](#): This resource provides federal employees with information about unemployment compensation, support for efforts to find new employment, information about employees' rights as federal employees and job opportunities in the D.C. government.
- [Federal Worker Solidarity Fund for the DC Region](#)
- [United States Senate Federal Credit Union's Government Shutdown Relief Loan Program](#)

Florida

- [Apply for Benefits](#)

Georgia

- [Georgia Department of Labor](#)
 - [Unemployment Claims for Federal Employees](#)
 - [Job Search Assistance](#)

Hawaii

- [Unemployment Benefits—Apply Now](#)
- [Operation Hire Hawai'i](#): This site provides information about “opportunities for individuals impacted by layoffs, resignations, loss of federal funding and other interested job seekers.”
- [Department of Labor and Industrial Relations: Unemployment Compensation for Federal Employees \(UCFE\) flyer](#)
- **Hawaii State AFL-CIO**, in partnership with the Hawaii Foodbank, is hosting a drive-thru food distribution on Nov 8 to support federal employees affected by the government shutdown, as well as union members experiencing financial hardship. Donations are [accepted here](#).

Idaho

- [How to Apply for Benefits](#)

Illinois

- [Unemployment Insurance Information](#)
- [Federal Employee Resources and Information](#)

Indiana

- [Indiana Unemployment](#)

Iowa

- [Apply for Unemployment Benefits](#)

Kansas

- [Unemployment Insurance Division](#)

Kentucky

- [Unemployment Services](#)

Louisiana

- [Unemployment Insurance](#)
- [United Way of Northeast Louisiana—Furloughed Federal Employee Assistance](#): Providing grocery gift card assistance for furloughed federal employees through United Way's Food for Our Friends initiative. Donations [accepted here](#).

Maine

- [Maine Department of Labor: Federal Worker Unemployment Insurance FAQ](#)
- [Maine Government Shutdown Loan Guarantee Program/FAME](#). This site has information on participating financial institutions.
- [Food and Medicine's Solidarity Harvest](#) to fund Thanksgiving meals for union families and others who have fallen on hard times

Maryland

- [Maryland Public Servants Resource Website](#): This site contains information about how to apply for unemployment insurance benefits, conduct a job search, obtain career support, address health coverage needs, find information about legal resources, and learn more about federal employee rights as well as county-specific programs and resources for federal workers and contractors who have been laid off.
 - [Maryland Department of Labor: Federal Employees: Frequently Asked Questions About Unemployment Insurance](#)
 - [Montgomery County, MD: Resources for Workers Impacted by Recent Federal Government Actions](#): This page includes resources on employment and career support; food, child care and housing; crisis intervention, health and insurance; federal and state officials' resources; and municipality resources.
 - [Charles County, MD: Government Transition Resources](#): This page provides information about job search and career support; entrepreneurship and startup support; unemployment insurance; health care benefits; assistance with food, cash, medical expenses and energy bills; transportation; family and child care resources; and low-income housing options and resources for persons at risk of homelessness.
 - [Frederick County, MD: Assistance During the Federal Shutdown](#): This page includes resources related to food, medical, utilities, employment and financial assistance.

Massachusetts

- [Department of Unemployment Assistance, Unemployment Insurance Eligibility](#)

Michigan

- [Unemployment Insurance Agency Claimant Roadmap](#)

Minnesota

- [Minnesota Unemployment Insurance Application Process](#)
- [Federal employees: How to apply for unemployment benefits in Minnesota](#)

Mississippi

- [Unemployment Claims](#)
- [Federal Civilian Claims \(UCFE\)](#)

Missouri

- [How to File for Unemployment](#)
- [Unemployment Compensation for Federal Employees \(UCFE\)—FAQs](#)
- St. Louis Labor (AFGE and IAM) and United Way Food Distributions and Emergency Fund; Gas Card and Food Pantry Drive-Thru Action; Donation Drop Off, Nov. 15 and 16; CWA Local 6350 Union Hall, 2258 Grissom Drive, St. Louis. Contact: cojo224@aol.com; 618-588-8079; Distribution Day is Sunday, Nov. 23, 10 a.m. to 2 p.m.

Montana

- [File for Unemployment in Montana](#)
- [Unemployment Services for Federal Employees Affected by a Government Shutdown FAQ](#)

Nebraska

- [Unemployment: Frequently Asked Questions](#)

Nevada

- [Nevada Unemployment Insurance \(NUI\)](#)
- [ULAN, the United Labor Agency of Nevada](#), is supporting an emergency food distribution open to the public Nov. 9 at UNITE HERE Culinary Union. The food drive will help feed 1,000-plus families affected by the SNAP cutoffs and furloughed workers who also need assistance. ULAN also accepts donations [here](#).

New Hampshire

- [New Hampshire Employment Security](#)
 - [Applying for New Hampshire Unemployment Benefits](#)

New Jersey

- [New Jersey Department of Labor and Workforce Development](#)

- [Division of Unemployment Insurance: Federal Employees or Former Military Members](#)

New Mexico

- [New Mexico Department of Workforce Solutions—Federal Worker Resources:](#)
This page provides information about available jobs, job search resources, unemployment insurance and upcoming recruitment events.

New York

- [State Jobs New York:](#) This page provides information about how to apply for a job with the New York State government.
- [New York State Department of Labor: The Unemployment Claimant Benefit Process](#)
- [New York State Department of Labor: Get Help Looking for a Job](#)
 - [New York State Job Bank](#)
 - [New York State Career Center Events & Recruitments](#)
- [Labor Feeds NY: A Week of Action Against Hunger, November 15-23, 2025:](#)
During this week, local labor federations, central labor councils and union members are encouraged to: donate non-perishable food to local pantries and school-based food programs; contribute funds to hunger relief organizations; and. volunteer at soup kitchens, food banks, and community meal sites.

North Carolina

- [Filing Your Unemployment Application](#)

North Dakota

- [North Dakota Job Service: File a Claim](#)
- [Furloughed Federal Employee Relief Program \(FFERP\)](#)

Ohio

- [How Do I Apply for Unemployment Benefits?](#)

Oklahoma

- [Unemployment Benefits](#)
- [Oklahoma Works Job Seekers](#)

Oregon

- [How to Apply for Unemployment Insurance Benefits](#)
- [Guidance for federal employees and veterans](#)

Pennsylvania

- [Department of Labor and Industry, Unemployment Benefits for Federal Civilian Employees \(UCFE\)](#)
- [Pennsylvania Career Link](#): This page provides resources for job searches and career planning.
- [Continue Your Public Service with the Commonwealth](#): Governor Josh Shapiro signed [Executive Order 2025-01](#) to help fill critical vacancies in the commonwealth workforce with experienced former federal employees. As part of this executive order, the Shapiro administration launched this new website that provides key information about opportunities in the commonwealth's government.
- [A Guide to Unemployment Compensation \(UC\) for Furloughed Federal Workers in Pennsylvania](#)

Rhode Island

- [Need Unemployment Insurance? A Guide for Federal Workers](#)

South Carolina

- [Applying for Benefits](#)
- [How Unemployment Insurance Works](#)

South Dakota

- [Reemployment Assistance Benefits](#)

Tennessee

- [Apply for Unemployment Benefits](#)

Texas

- [Texas Workforce Commission, Unemployment Benefits Program: If You Lost Your Federal Job in 2025](#): This site provides information about how federal employees who have lost their jobs can apply for unemployment benefits.
- [Texas Gulf Coast Area Labor Federation Food Resources](#)

Utah

- [Filing a New Claim](#)

Vermont

- [UI Initial Claim Application](#)
- [Resources for Vermont's Former Federal Employees, Contractors, and Other Workers](#)

- [Vermont Legal Help, Unemployment Compensation for Federal Employees](#)
- **Vermont State Labor Council**—Help the state federation stock the shelves!
 - [Donate money so the food bank can buy meals directly.](#)
 - [Drop off nonperishable food at one of their locations near you.](#)
 - [Sign up to volunteer at a location near you.](#)

Virginia

- [Resources for Impacted Federal Workers](#): This site includes details about how to apply for unemployment insurance benefits, conduct a job search, address health care coverage needs, and find opportunities for training and education.
- [Resources for Virginia's Former Federal Employees and Other Workers Impacted by the Federal Government Transition](#)
- [Virginia Workforce Connection](#): This site provides information about available jobs, job search resources, training opportunities and resources for veterans.
- [Virginia Career Works: Resource Guide for the Job Seeker: Guide to Finding a New Job](#)
- [Virginia Career Works Northern Region: Dislocated Federal Workers and Contractors](#): This site provides information about health insurance, taxpayer services, household expense assistance, unemployment insurance benefits, the [five Virginia Career Works Career Centers in the Northern Region](#) and other resources.
- [Alexandria City: Resources for Federal Government Employees](#)
- [Arlington County: Assistance for Federal Employees and Contractors](#): This site includes resources related to employment services, public benefits programs and housing.
- [Fairfax County: Help for Residents Affected by Federal Workforce Actions](#): This site provides resources for former federal employees, contractors and others impacted by job loss.
- [Fairfax County Economic Development Authority](#): This site provides information about jobs available in Northern Virginia, as well as resources for veterans, transitioning military and military families, entrepreneurs and startups, and training opportunities.
- [Fairfax County: Human Services Resource Guide \(HSRG\)](#): This searchable database includes information on a range of services for Fairfax County residents, including how families can apply for [free and reduced-price meal benefits](#) anytime during the school year.
- [Prince William County: Resources for Residents Impacted by Federal Workforce Actions](#)

Washington State

- [Employment Security Department: Rules for federal employees, corporate officers and educational employees](#)
- **Washington State Labor Council** is [accepting donations](#) to its Foundation for Working Families to assist union families in Washington in times of hardship or disaster. Applications for assistance [may be submitted here](#).

West Virginia

- [My Unemployment Claim](#)
- [Unemployment Basics](#)

Wisconsin

- [Apply for Benefits Online—Wisconsin Unemployment Insurance](#)
- **Milwaukee Area Labor Council/United Way of Greater Milwaukee & Waukesha County**
 - [Food Drive](#)
 - [Labor Relief Fund](#)

Wyoming

- [Wyoming Unemployment Insurance User Portal \(WYUI\)](#)

NATIONAL RESOURCES

- [AFL-CIO Community Partnerships and United Way: Government Shutdown Resources](#)
- [Union Plus Hardship Help](#): For union members, grants and benefits for laid-off or furloughed workers.
- [National Employment Law Project: Unemployment Insurance and the Government Shutdown: What Federal Workers and Contractors Need to Know](#) (October 3, 2025)
- [Questions and Answers for Separating Federal Employees on Unemployment Insurance \(The Century Foundation\)](#) (February 18, 2025)
- [Thrift Savings Plan: Information for TSP Participants Leaving Federal Employment](#) (February 2025)
- [Tips for Advocates Aiding Federal Civil Servants in Accessing UI](#)

- [Civil Service Strong: Resources for Civil Servants](#)
- [Rise Up: Federal Workers Legal Defense Network: Legal Support for Federal Workers](#)
- [2025 Shutdown Assistance Map \(SAM\): Resources for Federal Workers](#)

BACKGROUND AND RESEARCH

- [Congressional Research Service: Unemployment Compensation for Former Federal Employees and Military Servicemembers](#) (February 7, 2025)
- [U.S. Department of Labor: Unemployment Compensation for Federal Employees \(UCFE\)](#)
- [States and Localities Count Dollars, Eye Options as Shutdown Continues](#) (October 10, 2025)
- [4 phone calls furloughed workers can't afford to skip during the shutdown](#) (October 15, 2025; login required)
- [AFL-CIO Demands Trump End the Shutdown, Fix the Health Care Crisis, Put Working People First](#)

PENDING LEGISLATION

- [Help FEDS \(Federal Employees During a Shutdown\) Act](#)
- [Federal Employees Civil Relief Act](#)