

Unemployment Insurance

New Hampshire Employment Security

If you lost your job, contact the [New Hampshire Employment Security \(NHES\)](#) or call 1-800-852-3400. NHES is a state agency that provides unemployment compensation benefits, job training and placement if you are eligible.

IRS readies nearly 4 million refunds for unemployment compensation overpayments

The Internal Revenue Service announced today it will issue another round of refunds this week to nearly 4 million taxpayers who overpaid their taxes on unemployment compensation received last year. [Read more.](#)

Have you been denied unemployment insurance?

Read New Hampshire Legal Assistance's pamphlet called "[What to Do? A Worker's Guide](#)" to walk you through the appeals process if you are denied unemployment insurance.

If you have legal questions about your unemployment case, [apply online](#) or call 603-224-3333.

Try Also Reading...

- [Are You Getting All the Help You Can?](#)
- [Town or City Welfare in New Hampshire](#)
- [Legal Rights of Benefits Applicants and Recipients](#)
- [Social Security Benefits & SSI](#)
- [Veterans Benefits](#)

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