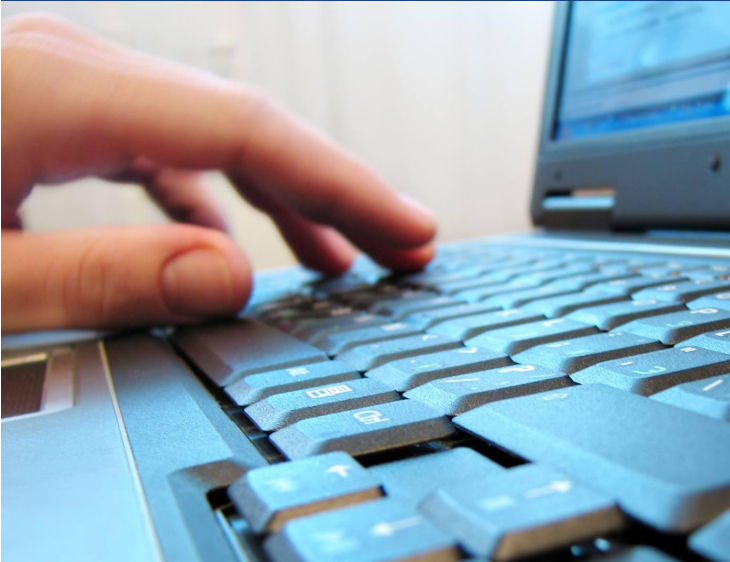




# Get Help With Unemployment Benefits



## We can help you:

- File your claim
- Understand your benefits
- Find job openings and updating your resume
- Connect to training, education, and other resources

## At the Workforce Center, we can help you:

- File your claim (we can show you how, but cannot submit it for you)
- Receive support for people with disabilities (extra help is available)
- Access language assistance (help is available in languages other than English and Spanish)
- Start an appeal (we can show you how to complete and send the form)
- Fax or upload documents for your claim
- Employer support (help registering online or connecting over the phone with VEC staff)
- Print PIN letters or payment history (you will need your ID)
- Password/account access

**Unemployment benefits support you while you prepare for your next career.**

**For questions specific to your claim that cannot be answered through self-service, we can assist you in contacting the Virginia Employment Commission online or over the phone at 866-832-2363.**



<https://www.vec.virginia.gov/>