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Unemployment Benefits

Below you will find links to resources about unemployment benefits. Additionally, you can find information on how to seek aid from a lawyer, if needed. Some areas of the state have more information than others. You may wish to look at information from other areas as well as your own.

Legal Information:

[Frequently Asked Questions](#)

Unemployment Insurance: Tennessee Department of Labor's Frequently Asked Questions

[Tennessee Unemployment Benefits - Claimant Services](#)

Unemployment Insurance (UI) is a benefit program funded by Tennessee employers for workers who have lost their job when it is not their fault. This resource from the state of Tennessee can provide more information on how to apply for unemployment benefits along with additional information.

[Unemployment Appeals](#)

If you applied for unemployment benefits and were denied, you have the right to file an appeal. Find more information on how to appeal an agency decision from the

Tennessee Department of Labor and Workforce Development in the above link.

[Unemployment Insurance Claimants Frequently Asked Questions](#)

Find answers to your questions about unemployment insurance by clicking the link above and visiting the TN Department of Labor and Workforce Development's website.

[Unemployment Pay: Can you get it? What can you do if they turn you down?](#)

[Compensación por desempleo: ¿Puede recibirla? ¿Qué puede hacer si rechazan su solicitud?](#)

This resource will provide information on how to apply for unemployment insurance. Additionally, if your application has been denied, it will also let you know how to appeal that decision. This booklet is provided by the Legal Aid Society of Middle Tennessee and the Cumberland. This information is available in both English and Spanish.

Unemployment Benefits for Self-Employed Workers

[Self-Employed Workers](#)

Eligibility information for self-employed workers provided by the Tennessee Department of Labor

Unemployment Benefits for Service Members

[Is your husband or wife in the military? Did you have to quit your job to move when he/she got transferred? Then you can get unemployment!](#)

[¿Su esposo o esposa está en las fuerzas armadas? ¿Tuvo que dejar su trabajo para mudarse cuando lo/la transfirieron? ¡Entonces puede recibir compensación por](#)

[desempleo!](#)

The above guide will help learn more about how to apply for unemployment insurance in the case of a military transfer. This booklet was created by the Legal Aid Society of Middle Tennessee and the Cumberland. This information is available in English as well as Spanish.

[Unemployment Compensation: Special Rules for Servicemembers](#)

Former active duty military personnel and spouses of military members may qualify for unemployment compensation. To learn more about if you are eligible, click the link above.

Forms

[Standard Court Forms for all of Tennessee](#)

This resource contains standard court forms that are approved for all counties of Tennessee. If you need help filing one of these forms, you can ask a lawyer in your area.

Legal Advice:

[TN Free Legal Answers](#)

If you are in Tennessee, the website, Free Legal Answers, allows you to ask a lawyer for help with a legal issue at no cost. It is fast and easy, and all you need is a computer. This is a FREE service for people who cannot afford a lawyer.

How it works:

- You will answer a few questions to see if you qualify for their service. If you qualify, you will have the option to create an account.
- If you are eligible, you can ask their volunteer attorneys a non-criminal legal question.

- Once your question receives a response, you will get an email. You will need to sign into the website to read your response and ask any additional questions.

Visit <https://tn.freelegalanswers.org/> to sign up.

Last updated on February 06, 2026.

[Employment](#)

[Laid Off Unemployed Unemployment Worker](#)

Files

[Step-by-Step Instructions to File for Unemployment](#)

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