

Free Legal Resources for Unemployment Benefits:

Disclaimer: PFWA does not provide legal advice; these sites are suggestions on where you may get legal help if your unemployment benefits are denied. We do not guarantee the outcome of any legal or unemployment claims because you use these resources.

Free legal assistance for denied unemployment benefits is typically available through state-specific legal aid organizations, often focused on low-income residents. The primary resource for finding this help is through Legal Services Corporation (LSC)-funded programs, which operate in every state.

How to Access Services & Prepare

1. **File an Appeal Immediately:** Most states require you to appeal within 30 days of the decision.
2. **Gather Evidence:** Collect all documents regarding your termination (fired vs. quit).
3. **Prepare for a Hearing:** Legal aid organizations often help prepare for the administrative hearing, which is the main opportunity to present evidence.
4. **Use Self-Help Forms:** Websites like LawHelp.org offer forms to help you file the necessary paperwork.

Note: For specific states not listed here, please visit LawHelp.org and search for "Unemployment" in your state.

Here is a state-by-state guide to resources, starting with Washington state, followed by national resources for other states.

Washington State

<https://unemploymentlawproject.org/>

New York State

www.lawhwlpny.org

California

www.Lawhelpca.org

Texas

<https://legalaidtx.org/>

Florida

<https://www.legalservicesmiami.org/>

<https://bals.org/>