



Are any benefits available if I need to care for a sick or injured family member?

Family Leave Insurance is not just for workers bonding with a new child, but also for workers who need time off to care for a seriously ill family member. You can apply if you need to care for a child, spouse, parent, or domestic or civil union partner.

How do I apply for benefits?

The quickest and easiest way to apply is online at nj.gov/labor/myleavebenefits.

File a Temporary Disability application if you want time off due to your own inability to work. File a Family Leave application if you want time off to care for a new child or seriously ill family member.

If you need additional assistance, call: 609-292-7060
Monday - Friday 8:30 a.m. - 4:30 p.m.

When can I apply?

You have 30 days from the start of your leave to file your Temporary Disability or Family Leave application. You cannot file before your leave starts.

Contact Us

Questions about Temporary Disability or Family Leave Insurance:

nj.gov/labor/myleavebenefits

Email: dtdi@dol.nj.gov

Phone: 609-292-7060
Monday - Friday
8:30 a.m. - 4:30 p.m.

Fax: 609-984-4138

Temporary Disability and Family Leave Insurance
PO Box 387
Trenton, NJ 08625



NEW JERSEY DEPARTMENT OF
LWD
LABOR AND WORKFORCE DEVELOPMENT
nj.gov/labor

Temporary Disability & Family Leave Insurance

Benefits for
New and
Expecting
Parents
Who Work
in NJ





What benefits are available?

Temporary Disability Insurance (TDI) is a monetary benefit available to women who are unable to work during the final weeks of pregnancy, or when complications arise, and during a recovery period after giving birth. Family Leave Insurance (FLI) extends this monetary benefit to mothers and fathers to bond with a newborn, newly adopted, or new foster child.

How do I know if I might be eligible?

Start by asking whether your employer participates in the state Temporary Disability Insurance program or a private plan.

What else do I need to know about eligibility?

You must have worked at least 20 weeks and grossed \$169/week or have earned \$8,500 in the past 12 months to be eligible for Temporary Disability or Family Leave Insurance benefits.

How much money can I expect?

If eligible, you will receive 2/3 of your average weekly salary up to a maximum of \$637 per week provided you are not being paid by your employer. A debit card will be mailed to you when the review of your application begins. Funds will be put on the card once your application is approved.

How soon will I see funds on my debit card?

Once you submit a complete application – including your employer’s and doctor’s sections – it takes three to four weeks for funds to appear on the debit card you were mailed, if you are eligible for benefits. There will be a delay in processing your application if any information is incorrect or missing.

What are my responsibilities in completing the application?

It is your responsibility to gather and submit all the information required to receive your benefits. You must submit to the Department of Labor: your completed application, which includes certification from your doctor or health care provider, and verification of wages from every employer you worked for in the past six months. Parents applying for Family Leave Insurance also may be required to provide proof of their relationship to the child. Your application will be processed only when all required information is provided.

How long can I receive benefits?

Most physicians recommend that an expectant mother stops working four weeks before her scheduled due date, and that she recover for six weeks following a natural delivery and eight weeks after a Cesarean birth. These Temporary Disability Benefits may be extended if there are complications.

Additionally, New Jersey’s Family Leave Insurance law allows mothers and fathers to take up to six weeks off within the first 12 months of a child’s birth or placement. Family Leave Insurance benefits can be taken in one continuous period, or in one-week increments to bond with a new child. Family Leave Insurance benefits are available to postpartum mothers after they have recovered from the birth and their Temporary Disability benefits end.

When do I tell my employer I want to take family leave?

When bonding with a child, you must give your employer 30 days’ notice that you want to apply for Family Leave Insurance benefits. When caring for a sick child, you must give reasonable notice.

Will my job be protected?

New Jersey Temporary Disability and Family Leave Insurance programs do not require an employer to hold your job. However, if you work for a company that employs more than 50 people, or a government agency, you may be covered separately by the federal Family and Medical Leave Act (FMLA) or New Jersey Family Leave Act (NJFLA), which offer up to 12 weeks of unpaid leave with job protection.

