

# 4 WAYS TO CONTACT THE EEOC

If you believe you have been discriminated against at work, you can start the process of reporting this information to the EEOC in 4 ways:

## 1 BY PHONE:

Call **1-800-669-4000** to speak with an EEOC representative who can answer questions you may have. Free interpreters are available to callers in over 200 languages. ASL Video Phone at **1-844-234-5122** and TTY at **1-800-669-6820**.



## 2 ONLINE:

The **EEOC's Public Portal** guides you through a few questions to help determine whether the EEOC is the right federal agency to handle your concerns. You can also use the portal to schedule an interview with the EEOC.

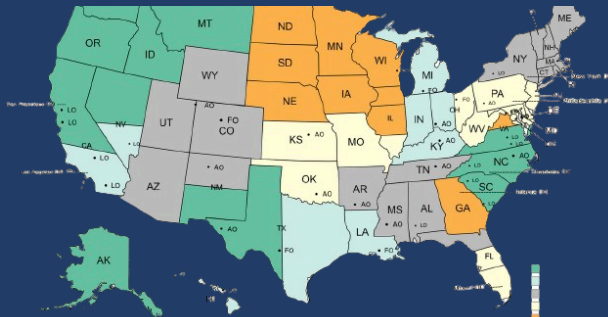


## 3 IN PERSON:

The EEOC has 53 field offices serving every state and U.S. territory. Our office locations can be found at **EEOC.gov**. Information about state or local Fair Employment Practices Agencies (FEPAs) that may be available to assist you with your employment discrimination concerns can also be found on each **EEOC office webpage**, under the "state, local and tribal programs" tab. We also provide EEOC office locations and FEPA information by phone.



FIELD OFFICE LINK



## 4 BY MAIL:

You can send the EEOC a signed letter describing your employment discrimination concerns. This signed letter becomes what the EEOC calls a "charge of discrimination" that states an employer, union, or employment agency unlawfully discriminated against you. **EEOC.gov** has a **list of information** that you need to include in the letter. The EEOC will review your letter and let you know if more information is needed.



FILE A CHARGE LINK



FOR MORE INFORMATION, VISIT [EEOC.GOV](http://EEOC.GOV) OR WATCH OUR VIDEO.

