

Find Assistance with a Workplace Problem

Legal Services (Legal Aid) Organizations:

There are 132 legal offices throughout the United States that provide free legal services to eligible low-income clients. Legal Services offices can help with employment claims among many other issues like divorces, child custody arrangements, protective orders, landlord-tenant disputes, federally subsidized housing, public benefits, consumer disputes, wills and more.

To find the nearest legal services office near you visit: <https://www.lsc.gov/about-lsc/what-legal-aid/get-legal-help>

United States Department of Labor – Wage & Hour Division

The Wage and Hour Division investigates violations of federal minimum wage and overtime laws. They have offices around the country. To find the contact information for the office closes to you visit: <https://www.dol.gov/agencies/whd/contact/local-offices>

U.S. Equal Employment Opportunities Commission (EEOC)

The EEOC enforces federal laws prohibiting employment discrimination such as unfair treatment or harassment because of your race, color, religion, sex (including pregnancy, gender identity, and sexual orientation), national origin, age (40 or older) or disability.

To pursue a claim for employment discrimination or harassment under federal you must file a charge of discrimination with the EEOC. If you have questions about discrimination, you can contact the EEOC at 1-800-669-4000 or locate your nearest field office here:

<https://www.eeoc.gov/field-office>

Occupational Safety and Health Administration (OSHA)

OSHA establishes and enforces federal laws that require employers to ensure that workplaces are free from known health and safety hazards, that workers are provided safety gear and protective equipment and that employers limit hazards from chemicals used in the work, among other things. OSHA can conduct workplace inspections and respond to complaints by workers of unsafe working conditions.

To file a complaint regarding workplace conditions, you can contact OSHA by phone at 1-800-321-OSHA (800-321-6742). For a complaint form and other ways to file a complaint, visit the OSHA website: https://www.osha.gov/workers/file_complaint.html