

# FEDERAL EMPLOYEES & JOB APPLICANTS: HOW TO FILE A COMPLAINT OF DISCRIMINATION



If you are a federal employee, former federal employee, or job applicant for a federal job, and you believe that a federal agency has discriminated against you with regard to employment, you have a right to file a complaint. To initiate the process, you must contact an EEO Counselor where you work, worked, or where you applied for a job within 45 days from the day discrimination occurred though some exceptions may apply. Each agency is required to post information about how to contact the [agency's EEO Office](#) at MCIWEST Regional EEO Office; 760-725-3845; 760-725-4301; NAF 760-725-9810.

