

## Discriminated Against Based on Your Gender Identity? Get Help!

Since the start of 2021, the United States Government has said that it will enforce federal nondiscrimination laws that protect transgender and non-binary people. **Filing a complaint with a federal agency** is one way to report discrimination and seek help. There are several federal agencies, each of which enforces the law about a different subject, so it's important to pick the right one.

**See below for where to direct your complaint:**

**If you have been discriminated against while seeking healthcare** (while visiting a hospital or doctor's office, or by your health insurance company), you can file a complaint with the U.S. Department of Health and Human Services, [here](#).

**If you have been discriminated against in education** (like while at school or college), you can file a complaint with the U.S. Department of Education, [here](#).

**If you have been discriminated against by your employer**, you can file a complaint with the U.S. Equal Employment Opportunity Commission, [here](#).

**If you have been discriminated against in housing** (like by a landlord or homeless shelter), you can file a complaint with the U.S. Department of Housing and Urban Development, [here](#).

**If you have been discriminated against by a TSA Officer**, you can file a complaint with the Transportation Security Administration, [here](#).

**If you have been discriminated against by any other U.S. government agency** (at the Post Office, while seeking public benefits, by social security staff, or at the DMV), you can file a complaint with the U.S. Department of Justice, [here](#).

**When you file your complaint, be sure to be as detailed as possible:**

- What were the names of the people who discriminated against you?
- What was the place where it happened?
- What did they do?
- When did they do it?

### **Tips!**

- Try to **write down the details** as soon as possible, so you don't forget.
- **Ask questions** if you can do so safely, so you'll have all the information you'll need to file your complaint. **File the complaint as soon as you can.**
- There may be **deadlines**. Sometimes complaints have to be filed within as little as 90 days of the incident. Also, keep in mind that you can still file a complaint even if you have safety concerns.
- An investigator will almost always **reach out to you first**, before contacting the people who discriminated against you, and you can ask them questions about the process and raise any concerns. You can also file complaints anonymously, although it's always most helpful to include your name. And **it is illegal for anyone to retaliate against you for filing a complaint** as long as what you say in the complaint is true.

***This information is not legal advice.***

If you have legal questions, please contact a lawyer  
or reach out to one of these groups for help:

**TLDEF** ([transgenderlegal.org](https://transgenderlegal.org))

**GLAD** ([glad.org](https://glad.org))

**NCLR** ([nclrights.org](https://nclrights.org))