

# CONNECTICUT

## Where to report harassment in Connecticut?

In Connecticut, if you've experienced workplace harassment, there are several steps you can take to address the issue:

1. **Inform Your Employer:** Start by informing your employer about the harassment you're facing. This step is crucial because your employer should have an opportunity to address the situation internally.
2. **File a Harassment Complaint with the Connecticut Commission on Human Rights.**

A phone call, letter or visit to any Commission on Human Rights Regional Office starts the process. An interview with an Intake Officer will be scheduled to help you file your sworn complaint.

Phone: 1 (860) 541-3400

TDD: 1 (860) 541-3400

Connecticut Toll Free: 1 (800) 477-5737

Commission on Human Rights and Opportunities  
450 Columbus Boulevard, Suite 2  
Hartford, CT 06103-1835

3. **File a Harassment Complaint with the Equal Employment Opportunity Commission (EEOC)**

General information about the laws EEOC enforces and filing a charge: 1-800-669-4000, 1-800-669-6820 (TTY for Deaf/Hard of Hearing callers only), 1-844-234-5122 (ASL Video Phone for Deaf/Hard of Hearing callers only), or [info@eoc.gov](mailto:info@eoc.gov).