

There are several state agencies in California that work to make sure employers are following labor laws. They will not ask you about your immigration status. All workers in California have rights. You can also get help from a worker organization or legal group to report a problem to any of these agencies.

**For paid leave, retaliation, wages, or meal and rest breaks**

Contact the Labor Commissioner, also known as the Division of Labor Standards Enforcement. To find your local office, go to: <https://www.dir.ca.gov/dlse/districtoffices.htm>

**1- 833-LCO-INFO**  
**(1-833-526-4636)**

(Information in multiple languages)

**For safety and health:** To report problems or file a complaint, contact your local Cal/OSHA office. You will need the zip code for your workplace. To find your local office, go to: <https://www.dir.ca.gov/dosh/Complaint.htm>

**1-844-LABOR-DIR**  
**(1-844-522-6734)**

(Information in English and Spanish)

**For an injury or illness due to work:** Call the Division of Workers' Compensation, Information and Assistance line. To find your local office, go to: [dir.ca.gov/dwc/landA.html](http://dir.ca.gov/dwc/landA.html)

**1-909-383-4522**

(Information in English and Spanish)

**For benefits including paid family leave, state disability insurance or unemployment insurance:** Contact the Employment Development Department (EDD) about benefits you may be able to receive. For help, go to: [www.edd.ca.gov](http://www.edd.ca.gov)

**1-800-300-5616**

(if you are unemployed)

For assistance with Unemployment Insurance, visit: [www.edd.ca.gov/unemployment/](http://www.edd.ca.gov/unemployment/)

**1-800-480-3287**

(if you have a disability)

For Disability Insurance and Paid Family Leave: [www.edd.ca.gov/disability/](http://www.edd.ca.gov/disability/)

**1-877-238-4373**

(if you need to care for a family member)

**Farmworkers - for cases of retaliation:** Contact the Agricultural Labor Relations Board. To find your local office, visit: [alrb.ca.gov/](http://alrb.ca.gov/)

**1-800-449-3699**