

# Advocating for Yourself: WHAT TO DO IF YOUR RIGHTS HAVE BEEN VIOLATED



Before understanding if your rights have been violated, it's important to know what your rights are. To see a list of your legal rights, view this [resource](#).

If your rights have been violated, there are designated government agencies that can help.

1. [Disability Rights Florida](#) (DRF) is a federally mandated Protection & Advocacy (P&A) organization, which means they are authorized and funded by many government agencies to protect the rights of people with disabilities.

You can request assistance from DRF by completing an [Online Intake Form](#) or by calling 1-800-342-0823 | 1-800-346-4127 TDD.

2. [The Americans with Disabilities Act](#) (ADA) is a law that protects people with disabilities in every area of their lives, including voting rights, housing, social issues, and more. Learn how to [File a Complaint](#) with the ADA or contact them at 1-800-514-0301| 1-833-610-1264 TTY.

3. [The Equal Employment Opportunity Commission](#) (EEOC) is responsible for enforcing federal laws that make it illegal to discriminate against a job applicant or an employee because of the person's disability and multiple other factors including race, color, religion, sex, and more.

If your rights have been violated as a job applicant or employee, you can file a [Charge of Discrimination](#) with the EEOC. You can also [contact them or find your local field office](#).