



WHERE TO REPORT • NORTH CAROLINA

Where to Report Workplace Problems in North Carolina

The right agency, the right number. Phone numbers verified from the agencies' own sites.



General information about where to report workplace problems in North Carolina as of October 2026. Not legal advice, and not a substitute for talking to a licensed attorney about your situation.

General information only, not legal advice.

As of October 2026 · Prepared by JYNX Recruiting · jynxrecruiting.com

Unpaid Wages, Illegal Deductions, Missing Overtime

NC Department of Labor — Wage and Hour Bureau

1-800-NC-LABOR (1-800-625-2267)

Monday–Friday, 8:00 AM–4:45 PM · labor.nc.gov

You file by calling — an information specialist takes your complaint over the phone. Note: they don't take wage complaints under \$50.

Discrimination at Work

U.S. Equal Employment Opportunity Commission (EEOC)

1-800-669-4000

eeoc.gov · Covers race, religion, color, national origin, age, sex, and disability.

Unsafe Working Conditions

NC Department of Labor — Occupational Safety and Health Division

1-800-NC-LABOR (1-800-625-2267)

Federal OSHA

1-800-321-6742 (1-800-321-OSHA)

Hurt at Work

NC Industrial Commission (workers' compensation)

(919) 807-2500

Federal Wage and Hour Questions

U.S. Department of Labor — Wage and Hour Division

1-866-487-9243 (1-866-4USWAGE)

Deadlines apply to many claims, so don't wait. When in doubt, consider talking to an employment lawyer — many offer free consultations.