

There are multiple avenues available to assist in resolving a complaint or other problem. Whenever possible, start at the lowest possible level and use your chain of command. In addition, the following avenues of redress are available as needed.

[NRL - Contact Us](#)

[NRL Equal Employment Opportunity & Diversity Program Office](#)

Informal Counseling. Formal Discrimination Complaints. Alternative Dispute Resolution.
[EEO Complaint Process.](#) [Reasonable Accommodation for Individuals with a Disability.](#)

[NRL Inspector General Office](#)

Administrative and Management Practices. Waste, Fraud, Abuse.
Scientific & Research Misconduct. Confidential Hotline.

[NRL Human Resources Office](#)

Employee & Management Advisement. Labor Union Relations.
Alternative Dispute Resolution. Grievances.

Outside of NRL, the following resources are available.

[U.S. Office of Special Counsel \(OSC\)](#)

The OSC is a permanent independent federal investigative and prosecutorial agency whose primary purpose is to safeguard the merit system in federal employment by protecting employees and applicants from prohibited personnel practices, especially reprisal for whistleblowing.

[Equal Employment Opportunity Commission \(EEOC\)](#)

The 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 race, color, religion, national origin, sex (including pregnancy, gender identity, and sexual orientation), age (40 years and over), disability (mental and physical), genetic information and reprisal (for participating in EEO activity).

[Merit Systems Protection Board \(MSPB\)](#)

The Merit Systems Protection Board is an independent quasi-judicial agency to protect federal merit systems against partisan political and other prohibited personnel practices and to ensure adequate protection for federal employees against abuses by agency management.

[Department of the Navy Civilian Employee Assistance Program \(DONCEAP\)](#) 1-844-366-2327

Employee Assistance, Counseling and Work/Life Benefits.
Confidential Services for Employees and Immediate Family Members.

[Sexual Assault Prevention and Response \(SAPR\)](#), [Safe Helpline](#) at 877-995-5247

Provides services for victims; Aims to prevent and respond to sexual assault.

[Suicide Prevention National Lifeline](#) at 1800-273-8255

Provided 24/7, free and confidential support.