

How to File a Complaint under the Maine Human Rights Act

In the State of Maine, it is unlawful to discriminate because of race or color, sex, sexual orientation, physical or mental disability, religion, age, ancestry or national origin. Sexual orientation is defined as a person's actual or perceived heterosexuality, bisexuality, homosexuality, or gender identity or expression.

Any person who believes that he or she has been subjected to unlawful discrimination covered under the Maine Human Rights Act may file a complaint with the Maine Human Rights Commission. A complaint should be filed with the Commission as soon as possible after the act of discrimination occurs—it must be filed within 300 days of the date of discrimination.

Complaints of discrimination may be filed in person or by mail by filling out a form provided by the Commission. Complaints must be sworn to under oath before a Notary Public or other person authorized by law to administer oaths.

Complaints of discrimination must be filed at the office of the Maine Human Rights Commission:

Maine Human Rights Commission
51 State House Station
Augusta, Maine 04333-0051

A complaint may also be submitted online:

<https://mainehumanrightscommission.formstack.com/forms/intake>

A complaint should briefly set forth the facts and circumstances surrounding the alleged discrimination. A complaint may be initiated by calling, writing, or visiting the Commission's office or submitting online. Alternative formats are made available. An Intake Officer will assist you with drafting a complaint once your form has been reviewed.

**This information taken from the Maine Human Rights Commission website
<http://www.maine.gov/mhr>**