

Texas Department of Insurance
Division of Workers' Compensation
7551 Metro Center Dr., Ste. 100
Austin, TX 78744-1645



Resources that can help you get back to work

The longer you are away from work after an injury, the harder it is for you to get back to work at all. Staying active and working while you are recovering can help you heal faster.

Workplace changes

Your employer may be able to help you stay at work or get back to work by making changes to your workplace or to the type of work you do. Check with your employer or workers' compensation insurance company to see what services or equipment is available.

Job searches, training, and child care

Texas Workforce Commission (TWC) has centers across Texas that offer free services to help you return to work. Call 1-800-628-5115 or go to www.twc.texas.gov for help with:

- Job searches
- Job training
- Child care and more

Keeping and finding a job

TWC can help if you have problems keeping or finding a job because of an injury, illness, or disability. Call 1-800-628-5115, or go to www.twc.texas.gov/jobseekers/vocational-rehabilitation-services.

Complaints and disputes

If you are injured at work, the Texas Department of Insurance, Division of Workers' Compensation can help you resolve a dispute or a complaint with your employer or insurance company. To get help, call 1-800-252-7031, or go to www.tdi.texas.gov/wc/employee.