

Taking things further

If you already work for the employer who rejected your application, you can [raise the issue](#) with them. It's best to do this informally at first.

Getting help

You can [call the Acas helpline](#) to discuss your options. We cannot give an opinion or legal advice.

If you've tried all options without success and believe your employer broke the law, you might be able to [make a claim to an employment tribunal](#).

Constructive dismissal

If you've been working for the employer for at least 2 years you might, in rare circumstances, be able to claim 'constructive dismissal'. This is when you feel forced to leave your job because of a decision your employer has made.

Constructive dismissal can be a difficult claim to win at an employment tribunal.

You might want to [get legal advice](#) before resigning or making a claim.

Find out more about [constructive dismissal](#).

Related content

[/how-to-raise-a-problem-at-work](#)