



DID YOU KNOW?

You can file your
“Notice to Mediation Services”
(Form F-7) *online!*

IT'S FAST, EASY AND CONVENIENT!



Here's how to file online:

- Log on to **www.fmcs.gov**
- Click on **Filing a Notice to Mediation Agencies (F-7) with FMCS.**
- Go to **Where to File** and click on where it says **Clicking Here** which is written in blue after the words **Online...**
- You are now at the electronic version of the Notice to Mediation Services (F-7) form. Simply fill out the form in its entirety and click on the button entitled **Submit F-7 to FMCS.**
- You will receive a confirmation number showing that your F-7 form has been submitted successfully, and you can print a copy of your F-7 form.
- Now that you have filed electronically, there is no need to mail a notice. **You're done!**

Now that you're at the FMCS Web site, check out some of the other interesting information!

Visit our Resource Center where you can find information and electronic forms for arbitration panels and helpful links to other government labor relations and conflict resolution agencies.

NEED HELP?

Click on “Make Contact” and call or email your nearest FMCS office.

FMCS

Federal Mediation & Conciliation Service