

Transgender Employees in the Workforce: How Your EAP Can Help

Transgender employees face a unique set of challenges in the workplace. Your GuidanceResources Employee Assistance Program understands this and is available to help, not just at work, but also at home and in your community.

Resources Available Through Your EAP

Your GuidanceResources program has been designed to give you and your colleagues simple, fast, direct access to confidential services 24 hours a day, seven days a week by phone, online or via our mobile site. What we offer:

Confidential Counseling

Life can be stressful. The EAP offers relief with short-term counseling services for you and your dependents to help handle concerns constructively, before they become issues. You can call anytime about marital, relationship and family problems; stress, anxiety and depression; grief and loss; job pressures or substance abuse.

Work-Life Solutions

Too much to do, and too little time to get it all done? Work-life specialists at ComPsych do the research and provide qualified referrals and customized resources for anything on your to-do list.

How We Can Help

Work-Life Balance

- Transgender-friendly vacation planning
- Wedding and event planning
- Finding LGBT-supportive vendors
- Pet sitting services
- LGBT-supportive health care
- Support groups and community resources

Financial Issues

- Credit card debt and liability
- Identity theft
- Retirement planning
- Income tax questions
- Dos and don'ts of commingled finances
- Budgeting help
- Insurance issues

Legal and Financial Information

You can speak with an expert about divorce, custody, adoption, real estate, debt and bankruptcy, landlord/tenant issues, civil and criminal actions and other legal issues. Financial experts are available to discuss budgeting, debt management, tax issues and other money concerns.

GuidanceResources® Online

Guidanceresources.com and the mobile app, GuidanceNowSM, allow anytime, anywhere access to expert information on thousands of topics, including relationships, work, school, children, wellness, legal, financial and free time.

Legal Concerns

- Name changes after marriage
- Co-parenting and custody rights
- Transgender rights
- Divorce and child custody
- Wills and estate planning
- Real estate/landlord-tenant relations

Counseling Assistance

- Grief or depression
- Chronic illness
- Substance abuse/addictions
- Domestic violence
- Parenting or relationship issues
- Social rejection and bullying
- Coming out socially and at work
- Harassment
- Gender and sexual identity

Here when you need us.

Call: 844.216.8399

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: PARKLAND

