



Support. Resources. Connection. Anytime.

We celebrate Pride Month by standing with the LGBTQ+ community—including employees, family members, and allies. We honor diversity, inclusivity, and the freedom to live openly, proudly, and without judgment.

How You Be an Ally to Your Colleagues

Being an ally means taking intentional, everyday actions that help create a workplace where LGBTQ+ colleagues feel respected, supported, and empowered.

- **Listen** with openness and empathy
- **Use inclusive** language and consistently respect names and pronouns
- **Educate** yourself about LGBTQ+ issues rather than placing the burden on others
- **Speak up** against bias, discrimination, or harmful language when you see or hear it
- **Support** inclusive policies, benefits, and workplace practices
- **Encourage** colleagues to access EAP resources when they may need additional support
- **Help foster** a culture where everyone feels safe being their authentic selves

How NEAP Supports You

- ▶ **24/7 Confidential Counseling:** Access support for yourself or a loved one—anytime, any day of the year. Complete our member intake form to get started.



- ▶ **Member Portal LGBTQ+ Resources:** Explore a rich library of articles, webinars, and tools.



Log in and search "Pride" to find relevant content.

- ▶ **Wysa: Mental Resilience App** Download Wysa, our CBT-based app that offers AI-powered chatbot, for personalized emotional support, and 150+ self-care tools.



Featured Pride Month Webinars on the NEAP Member Portal

2026: Creating Safe Spaces: Supporting LGBTQ+ Inclusion *(live 6/16/26)*

2025: Harnessing the Power of Communities for Inclusive Workplaces

Log Onto the Member Portal to Watch These Recorded Podcasts