

# Employee Rights

*Below you will find links to resources about your rights as an employee. You can learn more about at will employment as well as wages and breaks. Additionally, you can find information on how to seek aid from a lawyer, if needed. Some areas of the state have more information than others. You may wish to look at information from other areas in addition to your own.*

## Legal Information:

### [At Will Employment](#)

Employers may legally terminate an employee at any time for any reason or for no reason without incurring legal liability. Visit the Tennessee Department of Labor and Workforce Development's website to learn more about this rule and its exceptions. Additionally, you can find information about employee rights in Tennessee.

### [Wages and Breaks](#)

The Wage Regulations Act protects wage earners from unfair practices regarding pay. Follow the link to the Tennessee Department of Labor and Workforce Development's website to learn more. There you can find information about breaks and meal periods, fringe benefits, sex discrimination, final paychecks, payday regulations and deductions.

## Legal Advice:

### [TN Free Legal Answers](#)

If you are in Tennessee, the website, Free Legal Answers, allows you to ask a lawyer for help with a legal issue at no cost. It is fast and easy, and all you need is a computer. This is a FREE service for people who cannot afford a lawyer.

How it works:

- You will answer a few questions to see if you qualify for their service. If you qualify, you will have the option to create an account.
- If you are eligible, you can ask their volunteer attorneys a non-criminal legal question.

- Once your question receives a response, you will get an email. You will need to sign into the website to read your response and ask any additional questions.

Visit <https://tn.freelegalanswers.org/> to sign up.

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