

The premier mental health and resilience solution



EXPERT-LED EDUCATION FOR ALL LIFE CHALLENGES—ANYWHERE, ANYTIME

- LifeSpeak *Mental Health & Resilience*, a product of LifeSpeak Inc. covers a wide variety of mental health and wellbeing topics
- Diverse topics include anxiety, depression, diversity, equity and inclusion, relationships, nutrition, financial health & more
- Videos, blogs, and live web chats support all types of learners
- Content available in 12 languages
- Secure, confidential SaaS-based platform, accessible 24/7 on any device

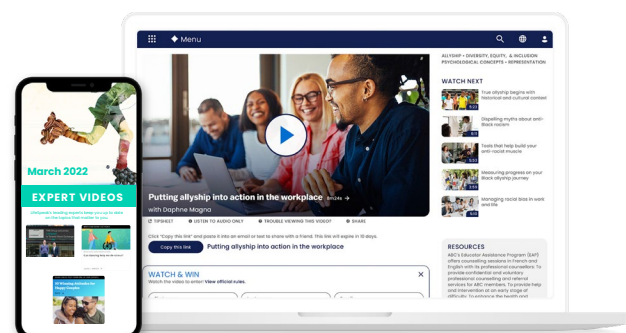
PROVIDING GUIDANCE EMPLOYEES CAN TRUST TO STAY HEALTHY & ENGAGED

- Qualified, passionate experts including psychologists, doctors, professors & more
- Complex information is delivered in digestible pieces with practical tips and proactive strategies

DEDICATED ACCOUNT SUPPORT MEANS TAKING CARE OF YOUR EMPLOYEES IS EASY

- Turnkey account management services make implementation quick and hassle-free
- Custom communications and special initiatives promote topics of your choice and drive usage

2,500+ trainings—and growing
300+ vetted, credentialed experts
Action-based resources and tools



Find out how LifeSpeak *Mental Health & Resilience* can help, contact us at partners@lifespeak.com