

Mental Health & Life Skills. Designed for Your Population.

Solving the gap between unaddressed mental health challenges and clinical interventions with proactive, preventative education through LifeSpeak *Mental Health & Resilience*.

	ESSENTIAL	PREMIUM	TOTAL
Bundle contents	16+ Video Series (96+ Micro-learning Videos)	40+ Video Series (240+ Micro-learning Videos)	Full Library of Topics 170+ Video Series (1,200+ Micro-learning Videos)
Expert Blog	✓	✓	✓
Dedicated Account Manager	✓	✓	✓
Communications Plan	Standard	Customized	Customized
Quarterly Education Campaigns	✓	✓	✓
Global Content Available via Subtitles	✓	✓	✓
Hub Functionalities	✓	✓	✓
Ask the Expert Webchat	✓	✓	✓
Learning Hub		✓	✓
Training Hub		Limited	✓
LifeSpeak Breathe			✓
Additional Benefits and Resources			✓
Continuing Professional Development (Canada only)			✓

Why LifeSpeak Mental Health & Resilience?



LIBRARY OF TOPICS

Access an expansive, expert-led library of mental health and resilience content, including curated 3-6 minute micro-learning videos, blogs, and practical advice.



GLOBAL CONTENT

Benefit from global content availability, many of our resources are available in English and French along with subtitles in 12 languages.



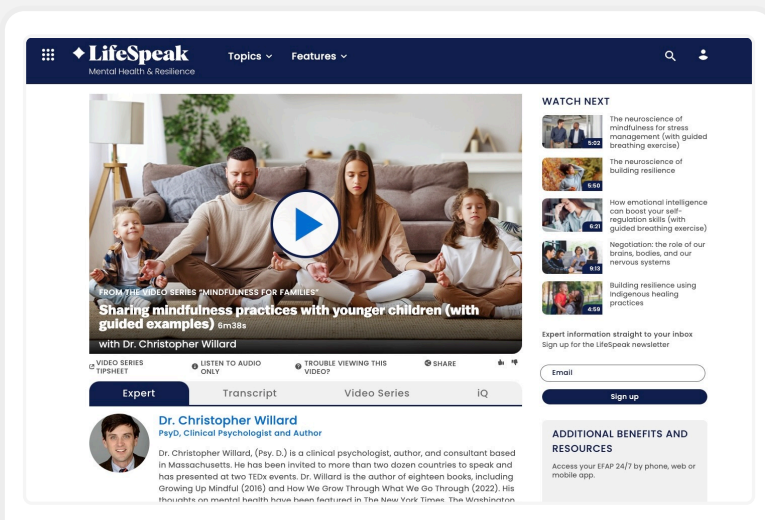
EXPERT BLOG

Learn from leading experts in mental health, work, and wellbeing to respond to world events quickly.



LIFESPEAK BREATHE

Explore live, five to ten minute 'brain breaks' with Mindful Moments classes, on-demand guided meditation, and breathing exercises.





DEDICATED SUPPORT

Enjoy the guidance of ongoing account management support to ensure an effective implementation and strategic execution of our solution.



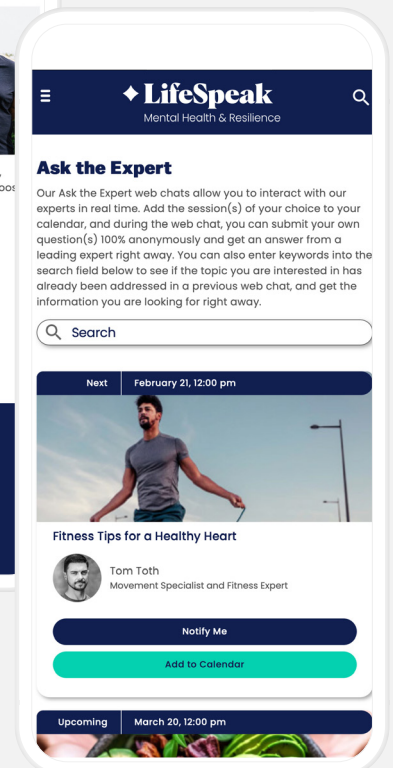
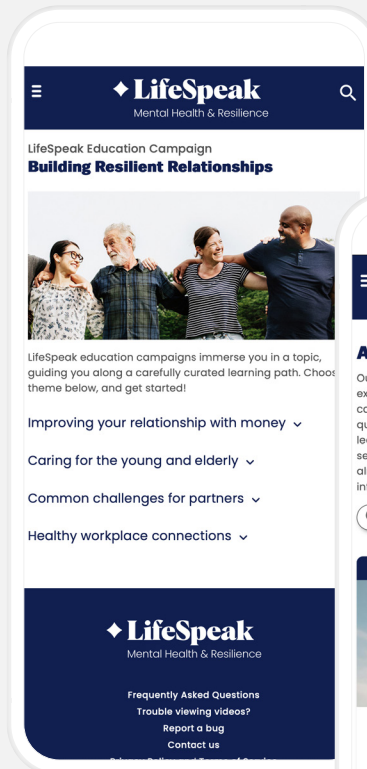
CUSTOMIZED MARKETING AND COMMUNICATIONS

Enhance your communication strategy with customized campaigns that align with your organization's unique needs.



ASK THE EXPERT

Ask the Expert live expert-led web chats offer real-time, anonymous access to our world-class specialists.





LEARNING HUB

Access curated playlists, explore family dynamics, anxiety, and depression, and more.



TRAINING HUB

Deliver courses and track progress on manager training, DEI principles, employee onboarding and more.



CONTINUING PROFESSIONAL DEVELOPMENT

Unlock the potential of continuing professional development (CPD) opportunities for your population (Canada only).

