

# What is LifeSpeak?



LifeSpeak is a mental health and life skills education tool that gives your employees and their family members around-the-clock access to North America's leading experts in mental and physical health, finances, family relationships, and more.



## Video.

Over **300** training videos on topics ranging from physical and mental health, leadership, parenting, eldercare and more.



## Audio.

All video trainings are available in downloadable podcasts for those who want to listen on the go.



## Print.

**PDF tip sheets** and **weekly Expert Blog** posts give extra information and practical strategies.



## Direct access to leading experts.

Monthly web chat with a top expert lets users get answers to their own questions.

**Access LifeSpeak from any computer or mobile device:**

<https://gnwt.lifespeak.com>

Access ID: gnwt



**Download the FREE LifeSpeak app**

Client Identifier: gnwt

Access ID: gnwt