**August 31. 2018**

**The following information has been received from Sgt Kim Hendricken, RCMP Liaison to VAC.  It announces a new online, self-help service called LIFESPEAK from Veterans Affairs Canada (VAC) that will be available as of September 1, 2018:**

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| **LifeSpeak soon to be made available to Veterans, former RCMP members, and their families!**   Veterans Affairs Canada is pleased to offer Veterans, former RCMP members and their families a new online self-help resource that provides timely information, advice, support or inspiration on various topics related to daily life. This service is free for our Veterans and their families to use.  **LifeSpeak**, a health and wellness library, provides information and support on a wealth of topics by leading experts and confidentiality is guaranteed, to our clientele in the comfort of their homes 24/7.  The health and wellness library offers 324 short videos and podcasts featuring leading subject-matter experts who guide, advise and recommend on topics relevant to us all, from depression and nutrition to financial health and parenting. LifeSpeak also features "Ask the Expert" sessions that can be accessed anonymously.  Do you provide frontline services to Veterans and former RCMP members and their families? Take the time to explore the platform if you haven't done so yet.  Access to the platform will be simple and easy. Starting September 1st, 2018, Veterans can simply log in to an account designed specifically for them. The hyperlink will also be shared with Veterans on September 1 via VAC social media platforms, and with a page alert in **My VAC Account**.  **To access the service, visit LifeSpeak** [**https://canada.lifespeak.com**](https://canada.lifespeak.com)  **• Sign in with the corporate ID "canada“**   * **type full name of department "Royal Canadian Mounted Police"** * **click submit**. |
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