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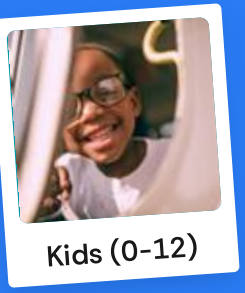


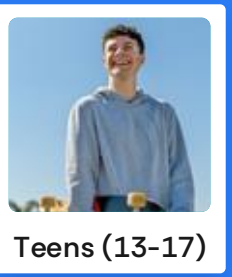
A happier, healthier you starts here

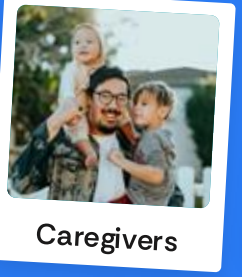
Personalized mental health care for you and your family

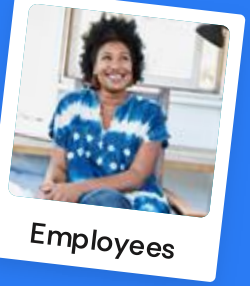
Lyra offers compassionate, confidential *care for every need*

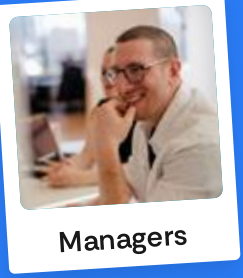
Lyra can help you with...


Kids (0-12)


Teens (13-17)


Caregivers


Employees


Managers

Anxiety or depression

Work stress and burnout

Relationship challenges

Parent and caregiver stress

Grief or loss

Excessive substance use

or whatever else life may bring

Building a mindfulness practice

Sleeping better



Establishing better work/life balance

Strengthening relationships



...and every *goal*





Developing healthy habits

Being more productive

Practicing self-compassion

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Care for the *whole family*

You and your eligible dependents have access to confidential mental health coaching or therapy sessions.

At Lyra, every member of the family—including adults, couples, teens, and kids age 2 and up—gets the care they need.



On-demand support

Get unlimited access to a library of well-being resources, available anytime, anywhere.

- Videos
- Breathing exercises
- Articles
- Meditations & soundscapes
- On-demand courses
- Live events



To learn more, visit care.lyrahealth.com

Or call Lyra's Care Navigator Team 24/7 at (877) 505-7147

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