

lyra

Meet Lyra, Your Mental Health Benefit

High-quality mental health care designed
for you—when and where you need it.



Find confidential care with Lyra in 3 easy steps:

- 1 Create a free account at kyrene.lyrahealth.com.
- 2 Take the care assessment to get matched with high-quality providers who have diverse backgrounds and identities. Lyra's providers are custom matched to you and have appointments available right away.
- 3 Meet with your provider virtually or in person to get started on your journey.

Beginning July 1, 2023, all employees, spouses/domestic partners, and dependents under the age of 26 are eligible for 7 free sessions with a Lyra therapist or coach.



Compassionate and confidential mental health care to help you with:

Anxiety

Chronic self-criticism

Crisis (e.g., death of a loved one)

Decreased motivation

Difficulty concentrating

Excessive alcohol and substance use

Feeling hopeless

Frequent worry

Relationship conflict

Stress management

Sleep problems

Persistent irritability



Incorporate well-being into your day-to-day life.

Within your Lyra account, you have access to Lyra Essentials anytime, anywhere. Explore a library of video, audio, and written content to help you sleep better, stress less, strengthen your relationships, and more.

Get started by creating a free account today.

kyrene.lyrahealth.com

Questions? Lyra's Care Navigator Team is here to help.

Live chat | (877) 203-9680 | care@lyrahealth.com