

OVERVIEW

Lyra is for Everyone

Find confidential care for your emotional and mental health, how, when, and where you need it. Whether you're feeling stressed, anxious, or depressed, support from Lyra can get you back on your feet.



 **Guided self-care with a coach**

Get a care plan crafted by your Lyra coach and learn new mental health strategies at your own pace.

 **Mental health coaching**

Get to the root of your challenges with effective care from a mental health coach via video or live messaging.

 **In-person & video therapy**

Meet with a therapist for diagnosis and treatment of mental health conditions like depression, PTSD, and more.

 **Essentials**

Tap into self-led wellness tools anytime, anywhere.

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I can't believe that genuine help was only a click away. I'm beyond grateful for Lyra.

– Lyra client

Learn more at philasd.lyrahealth.com
care@lyrahealth.com | (877) 353-0097



No matter what you're dealing with, Lyra can help

Confidential care from the best quality providers, so you can feel better faster.

How Lyra works

- ✓ **Getting started is easy**
Share what you're dealing with, get care recommendations, and book an appointment. Lyra members waste less time looking for care and spend more time feeling better.
- ✓ **High-quality care that works**
Lyra is dedicated to offering the best care possible and supporting only treatments that are the most effective at relieving symptoms, typically within a short period of time.
- ✓ **The best coaches and therapists available nationwide**
Our providers are ready to meet you where you are — via live video, live messaging, or even in-person. Many use digital lessons and exercises to enhance your care experience between sessions.

Who is eligible?

All permanently appointed employees and their spouses, domestic partners, and dependent children under the age of 26.

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Lyra Health, Inc. works in partnership with Lyra Clinical Associates P.C. and other contracted partners to be your Lyra Care Navigator Team and deliver clinical services. For care exclusions, please see the Lyra FAQ.