



# Personalized Care for Every Family Member

When a loved one is struggling with their mental health, it can impact a whole family's well-being. Lyra is here to help you and your family—including children, teens, caregivers, and couples—find care for your mental and emotional health.

You and your eligible dependents have access to 16 confidential mental health coaching or therapy sessions per person, per year, at no cost to you.



## Support for Kids and Teens

Lyra can provide your kids and teens with tailored, age-appropriate mental health support. Our providers specialize addressing a range of concerns specific to adolescence, ensuring comprehensive care for your child's well-being.



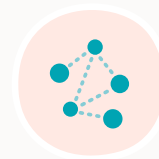
## Coaching for Parents

If you have toddlers or teens, Lyra supports parents and caregivers with guidance on common behavioral challenges like tantrums, arguments, technology use, picky eating, and more.



## Couples Counseling

Whether you and your partner are newly dating or have been together for many years, Lyra can help you both set goals and build skills to support long-term relationship improvement.



## Complex Care Navigation

If you or a loved one are in need of deeper mental health support beyond coaching and therapy, Lyra Complex Care Navigation can help you understand your treatment options, navigate to high-quality in-network programs and facilities, and coordinate your care until you feel better.



Lyra is here to support you and your family every step of the way.

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Scan Me





# Care for you and your family

lyra



From an online library of self-care tools to easy access to mental health coaches and therapists, Lyra offers high-quality care for you and your family—no matter what you're going through.

Explore articles, guides, videos and more, all on Lyra's family portal.

[mosaic.lyrahealth.com](https://mosaic.lyrahealth.com)

Scan me to  
get started



Important well-being information enclosed  
for you and your family.