

Retool your outlook

Build a better mental health toolkit with Lyra. Lyra's team of expert providers use research-backed methods to help you and your dependents feel better, faster.



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.



Mental wellness tools

Tap into self-led wellness tools anytime, any place.



"I learned actionable ways to manage my anxiety, and handle difficult situations in life and at work."

– Lyra client

Your go-to for mental health

Hassle-free 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.

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 – and many use digital lessons and exercises to enhance your care experience between sessions.

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.

Tap into additional work life services

Receive expert advice to help you stay on top of your busy life, including legal, financial, identity theft, and dependent care services.

Access these services by logging onto **mosaic.lyrahealth.com** and clicking on the menu bar in the top right corner, which looks like this: 

Who is eligible for Lyra mental health benefits

All benefits-eligible Mosaic employees, spouses, and dependents under age 26 have access to 16 sessions, at no cost to you.

Get started at mosaic.lyrahealth.com
care@lyrahealth.com | (844) 477-5174

Lyra Health, Inc. works in partnership with Lyra Clinical Associates P.C. and other contracted partners to be your Lyra care team and deliver clinical services. Your Lyra benefit covers the cost of as many in-person or live video sessions as are clinically indicated by your Lyra provider, up to 16 sessions, as long as you are eligible for benefits from your sponsoring employer. Lyra does not cover psychiatry, inpatient or residential treatment, hospitalization (including partial), intensive outpatient treatment, emergent care, long term care or counseling, prescription medication, autism spectrum disorder treatment, services for remedial education, and non-evidence-based behavioral health care.