

Lyra

Your Go-To for Life's Everyday Challenges

Lyra offers a wide variety of resources to support you and your families' psychological health and wellbeing, while also helping you navigate your everyday life. Whether you're trying to build better habits, or needing therapy for lasting change, Lyra is here for you!

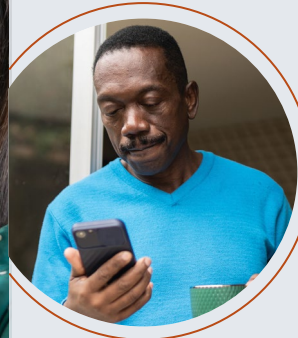


Lyra's Work and Life Solutions help you and your family by providing resources and referrals for child, elder, and pet care, as well as access to legal and financial consultants and identity theft support.



Examples of How Lyra Can Support Me

Ready to get started?
Sign up online at
mosaic.lyrahealth.com
or call 844-477-5174.



Start your day with a fresh perspective!

Jimmy begins his mornings by visiting Lyra Essentials, and spending just a few minutes reading an article on managing stress, tapping into a guided meditation, or watching a how-to video on developing resiliency, so that he feels better prepared to stress less as he tackles his day.

Find support as a new parent/caregiver!

Since having a child, Kristina and her partner have been using Lyra's Work and Life Solutions to find child care services. Plus, they find help managing the changes that come with this life transition by participating in family counseling sessions, and by working with their Lyra coach to craft self-care plans to help them make their health and work-life balance a priority.



Help your loved ones get the support they need.

Greg and Lisa needed help with Lisa's alcohol use. They used Lyra Concierge to find a program that would give Lisa the best chance at recovery. With Lyra Concierge, they were able to seek care from an in-network facility with their health plan and get help with Lisa's transition into treatment. With Lisa entering a higher level of care, Greg also received support and education about how to support Lisa and what to expect.