

Lyra

Lyra is Here for You and Your Family, When You Need It

Lyra Health provides free and fast access to compassionate, confidential mental health support, plus work and life solutions!

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



Check out these additional free resources available now through Lyra:



Lyra Learn

Explore interactive eLearning courses in a wide variety of current events topics and engage in live virtual gatherings led by clinical topic experts. To get started, visit learn.lyrahealth.com and register using Mosaic's code: \$mosaic471



Lyra Concierge

Receive support for accessing vetted, local higher levels of care providers for mental health support, from severe depression to alcohol or substance use treatment.



Healthy Minds Program App

Find additional mindfulness and meditation self-care content.



Medication Management*

Access specialized mental health physicians that practice evidence-based medication prescribing.

**Note: Only available for Mosaic's enrolled health plan members and subject to deductibles, co-pays, and co-insurance.*

Lyra Essentials is Here!

Just a few minutes a day builds healthy habits! Lyra Essentials is a preventive mental health offering, with access to self-care resources.



And, keep an eye out for more support coming from Lyra!