

# Lyra is for everyone

Compassionate & confidential mental health support, at no cost to you



Parent & caregiver stress



Anxiety & depression



Stress & burnout



Anger management



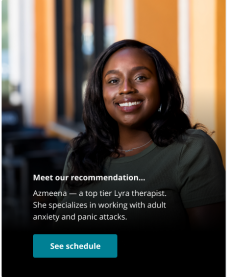
Grief & Loss



Relationship challenges



Lyra
☰



**Meet our recommendation...**  
Azmeena — a top tier Lyra therapist. She specializes in working with adult anxiety and panic attacks.

See schedule





### Hi, I'm Azmeena

I'll help you write a new narrative for your life. I've been exposed to much diversity. I'll use all of my experiences to help you draw from your own to create a new, healthier narrative. I'm an advocate for outcomes and...

**MY SPECIALIZATIONS INCLUDE**  
Academic concerns, Anxiety, Depression, Career Issues, Weight Loss, Stress, Life Transitions, Life Purpose, Workplace Issues, Bipolar disorder...

Exclusive content and exercises • Secure messaging • Video sessions

**APPOINTMENT AVAILABILITY**

 Mornings 10 spots	 Afternoons 14 spots	 Evenings 10 spots	 Weekends 4 spots
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[See full profile](#)



Mental health coaching



Therapy



Digital tools and lessons

Sign up at [mosaic.lyrahealth.com](https://mosaic.lyrahealth.com) or call (844) 477-5174

# Top coaches and therapists matched to you

Lyra offers therapy, coaching programs, and digital tools for you and your eligible dependents so that you can feel better, faster.

Whether you, your spouse/domestic partner, or child are feeling anxious, stressed, or overwhelmed, Lyra can help.

- ✓ Short-term care that's proven to work
- ✓ Easy online sign-up and scheduling
- ✓ Meet in-person and/or via live video

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Lyra's Care Team is available 24/7 for immediate support or questions, and to help you find care.