



Your Path to Better Mental Health

We all need a little help from time to time. Whether you're feeling anxious or depressed, experiencing grief, navigating life changes, looking to improve your work or personal relationships, or just want to feel better emotionally—Lyra's got you and your eligible family members covered.



No-cost sessions

Access high-quality and confidential mental health care—including therapy or coaching sessions to support you and the whole family.



On-demand resources

Explore a library of self-help resources—including meditations, videos, and courses—to support both your personal and professional life.



Support for the whole family

Unlock your family's full potential with specialized care for kids, teens, parents, caregivers, and couples.



Individualized care

Lyra will match you with the right care for your needs and a provider who understands your unique background and identity.



Care options that fit your schedule

Talk to your provider virtually, in person, or via live chat—even on nights and weekends.

Get started with care in just a few minutes—activate your benefit today.
Visit hnam.lyrahealth.com or call Lyra's care navigator team at (877) 238-8060



← Download the Lyra Health app.