

Lyra

OVERVIEW

Care Options Available to You as a Lyra Member

Lyra offers a full spectrum of care offerings, from preventive to severe. No matter what you're facing or where you are in your mental health journey, Lyra is here for you. Start by taking a short assessment to share what you're experiencing. Based on your needs, Lyra will match you with confidential care options and compassionate providers.

All benefits-eligible employees and their dependents have access to 16 sessions with Lyra per calendar year.



Need extra help?

Lyra's Care Team is available 24/7 via phone or live chat to answer any questions you have about starting care for yourself or someone in your family.

[Learn More >](#)

Learn more at informatica.lyrahealth.com
care@lyrahealth.com | 877-232-1498



Lyra Essentials



Use Lyra Essentials, a preventive mental health offering, to access a rich library of research-based self-care resources. Tap into guided meditations, how-to videos, and mindfulness tactics for everyday life in Lyra's app or on the web.

[Learn More >](#)



Digital Activities

Lyra Guided Self-Care



Meet with your personal Lyra Coach for a live video consultation to discuss your needs. Your coach will get to know you one-on-one so you can plan a path forward, together. After your initial session, your Lyra Coach will craft a personalized six-week digital care plan with activities that directly address your goals. Work through your care plan at your own pace and on your own schedule. Your coach will keep you on track, provide specific feedback, and be available via messaging for questions and support.

[Learn More >](#)



Live Video



Messaging



Digital Activities

Lyra Coaching



Work with your Lyra Coach through regularly-scheduled sessions to better understand what's challenging you, decide what you want to work on, and plan a path forward. Choose to connect with your coach via live messaging through your mobile device or from your computer, or meet "face-to-face" over live video on a recurring basis. As you work together, you'll continue to develop your toolkit of skills and strategies to support your mental health, and build strength for lasting change.

[Learn More >](#)



Live Video



Live Messaging



Digital Activities

Lyra Therapy



Lyra works with the best therapists who use only evidence-based techniques proven to reduce your symptoms. For those who want our most effective, and convenient care, we offer Lyra Blended Care Therapy. With Blended Care Therapy, you can stay connected with your therapist between video therapy sessions, practice skills to reduce your symptoms, and track your progress – so you can start feeling better right away.

[Learn More >](#)

 In-person

 Live Video

 Messaging

 Digital Activities

 Phone

Additional Programs

Lyra Learn



Lyra's evidence-based eLearning platform provides structured courses and live gatherings that help reduce stigma, support managers and teams, and build mentally healthy workplaces. Lyra Gatherings, a part of the Learn platform, are clinician-led group discussions where employees engage in structured, moderated conversations intended to strengthen the connection between social identity, mental health, and workplace experiences.

Go to learn.lyrahealth.com to register and enter code #informatica723 to access Lyra Learn & Gatherings

Work-Life Services



Lyra offers the following work-life services to help you and your family during challenging times:

- Legal services include a free 30-minute consultation with an attorney or mediator and access to 24-hour emergency support
- Financial services include a free 30-minute consultation with a financial counselor and a free 30-minute consultation with a CPA
- Identity theft services include a free 60-minute consultation with a fraud resolution specialist and a free ID emergency response kit
- Dependent care services include resources and referrals for child, elder, and pet care and 24-hour online and phone support

Calm



Calm is the #1 app for mental fitness, designed to help you manage stress, sleep better and live a happier, healthier life. With hundreds of hours of original audio content available in six languages and support for users in more than 190 countries. To access your free Calm account, you must register through Lyra Health.

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