

Lyra

# Your Path to Better Mental Health

No matter what you're going through—coping with stress, managing anxiety or depression, navigating relationship issues, or whatever else life brings—personalized mental health care from Lyra will help you feel your best.



## 8 free sessions

Access 8 confidential mental health coaching or therapy sessions per year, at no cost to you.



## High-quality providers

Lyra's expert mental health providers are custom matched to you to meet your unique needs.



## Fast access

Sign up with Lyra in just a few minutes and be paired with providers who have appointments available for new clients.



## Self-care resources

Gain unlimited access to a library of videos, meditations, soundscapes, and breathing exercises.

Take the first step of your mental health journey. To learn more, contact Lyra's Care Navigator Team at (877) 394-6046 or visit [csl.lyrahealth.com](https://csl.lyrahealth.com).



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Lyra Health app.