

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 for you. In as little as five minutes, get matched to compassionate and confidential care options based on your needs and lifestyle.



Lyra Essentials

Coming early 2022!

Use Lyra Essentials, a new 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.



Digital Activities

Lyra Guided Self-Care

[Learn More >](#)

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.



Live Video



Messaging



Digital Activities

Lyra Coaching

[Learn More >](#)

[Overview Video >](#)

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.



Live Video



Live Messaging



Digital Activities

Lyra Therapy

[Learn More >](#)

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.



In-person



Live Video



Messaging



Digital Activities



Phone