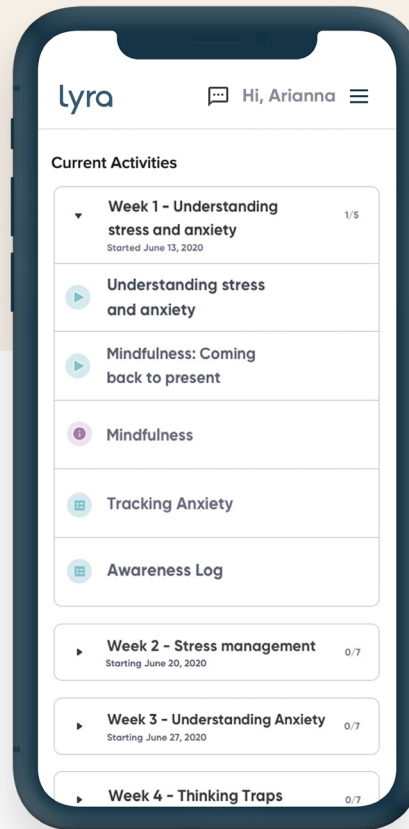


Lyra

# Guided Self-Care

Personalized self-care guided by a Lyra coach

Want to get started today? Your Lyra coach will craft a personalized care plan after an initial consultation and empower you to take the lead on practicing new exercises and strategies at your own pace. Your coach will keep you on track, provide you with specific feedback along the way, and be available via messaging for questions and support.



Lindsay Leopold, PCC  
Lyra Health



## Get started quickly



Start your mental health journey today with a consultation session followed by a six week care plan.

## Guided by a coach



Personalized guidance and feedback from your coach as you make progress on weekly exercises, strategies, and video lessons.

## At your pace, for your lifestyle



Flexibility to make progress in your care anytime, anywhere.



## Lyra's mental health coaches

Our mental health coaches help you pinpoint what you're dealing with and can support a range of challenges including:

Anger issues

Anxiety

Burnout

Grief

Imposter syndrome

Life transitions

Loneliness

Perfectionism

Relationship issues

Stress

Trouble sleeping

## Lyra coaches aren't your typical wellness coaches

### Highly vetted and experienced

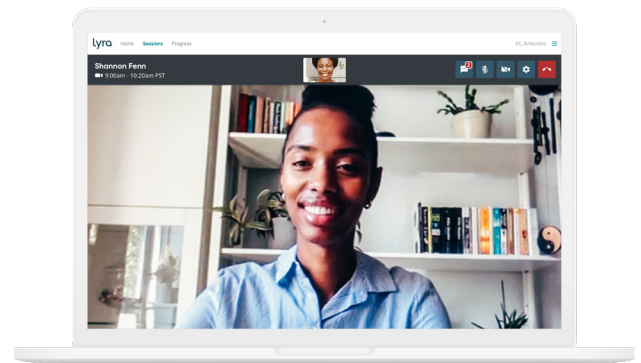
Only 3% of coaches pass Lyra's extensive vetting process and have top level training at ICF accredited programs.

### Proven treatments

Lyra coaches practice Cognitive Behavioral Coaching, which draws from clinically validated treatments including cognitive behavioral therapy and positive psychology.

### Members love Lyra coaches

97% would recommend coaching to a friend or colleague.



## The right care for you

No matter what you are dealing with or where you are on in your journey, Lyra's here to help. In as little as 5 minutes, we'll match you to care options based on your needs and lifestyle whether that's working with a mental health coach, therapist, or a medication physician.

*"I love Lyra - the videos are great and the various assignments prompt a lot of meaningful reflection."*

*-Lyra member*

## What is Lyra:

Lyra provides care for your emotional and mental health how, when, and where you need it, at no cost to you. Whether you're feeling stressed, anxious, or depressed, short-term support from Lyra's top coaches, therapists, and physicians can get you back on your feet.