

Lyra

Meet Lyra, Your Mental Health Benefit

High-quality mental health care designed for you—when and where you need it.



Find confidential care with Lyra in 3 easy steps:

- 1 Create a free account at mercury.lyrahealth.com.
- 2 Take the care assessment to get matched with high-quality providers who have diverse backgrounds and identities. Lyra's providers are custom matched to you and have appointments available right away.
- 3 Meet with your provider virtually or in person to get started on your journey.

**Make the most of your mental health benefit
and sign up today.**

mercury.lyrahealth.com



Compassionate and confidential mental health care to help you with:

Anxiety

Chronic self-criticism

Crisis (e.g., death of a loved one)

Decreased motivation

Difficulty concentrating

Excessive alcohol and substance use

Feeling hopeless

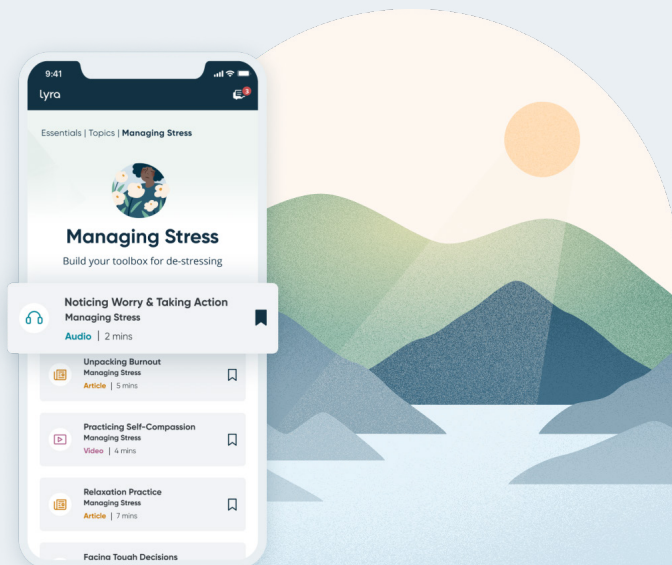
Frequent worry

Relationship conflict

Stress management

Sleep problems

Persistent irritability



Incorporate well-being into your day-to-day life.

Within your Lyra account, you have access to Lyra Essentials anytime, anywhere. Explore a library of video, audio, and written content to help you sleep better, stress less, strengthen your relationships, and more.

Get started by creating a free account today.

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Questions? Lyra's Care Team is here to help.

Live chat | (877) 266-3209 | care@lyrahealth.com