

## Lyra's Care Options

Lyra helps you find the right care, no matter where you are on your mental health journey.

Lyra Essentials Available globally	Build healthy habits with Lyra Essentials, an on-demand self-care library featuring research-backed videos, articles, and meditations. Unlimited use for those who are 18+
Lyra Guided Self-Care	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 at your own pace. Your coach will keep you on track, provide specific feedback, and be available via messaging for questions and support. Available to those 18+
Lyra Coaching Available globally	Meet regularly with a certified mental health coach to help you with challenges such as anxiety, stress, relationship issues, or parenting challenges. In between sessions, your coach will assign exercises so you can develop lasting change and feel more like yourself again. Available to those 18+
Lyra Therapy Available globally	Lyra's high-quality therapists use evidence-based techniques proven to help develop new skills and strategies for dealing with problematic thoughts, emotions, and behaviors. Lyra has a diverse range of providers who specialize in working with adults, couples, families, adolescents, and children so you are better equipped for whatever challenges you may face. Available for kids 0–13, teens, adults, couples, families
Lyra Medication Management	Meet with a physician for medication consultations, symptom and side effect tracking, and follow-up sessions. Lyra's mental health-focused physicians are board certified and vetted by Lyra, and they receive ongoing training in psychiatric medications. Providers have expertise in treating addiction and have experience supporting LGBTQIA+ patients and caring for BIPOC communities. Available for kids 0–13, teens, adults
Lyra Renew (AUD) Available in all 50 states by 2024	Lyra can help you change your relationship with alcohol—whether you want to drink less or stop drinking entirely. Available to those 18+

## Lyra's Care Navigator Team

Find support when you need it, every day.

Lyra's Care Navigator Team	Lyra's Care Navigator Team is available 24/7 to assist you with questions about care with Lyra and to support you in finding a provider. If you need support for autism spectrum disorder or finding rehabilitation facilities, Lyra's Care Navigators can help you access options matched to your unique needs. For members experiencing self-harm or suicidal thoughts, Lyra's Care Navigator Team provides immediate support and safety planning. Available for kids 0–13, teens, adults
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