



# Lyra's Care for Teens


Removing barriers to high-quality mental health care for your teen


If you've tried to find a therapist for your teen through your health plan or even by paying high prices out-of-pocket, you may have experienced months-long wait times or providers who aren't accepting new patients.





 Lyra makes the process of finding a therapist for your teen as fast, easy, and stress-free as possible.


 **Fast access to care**  
View available therapists in minutes, easily schedule an in-person or virtual appointment, and meet with them in days.

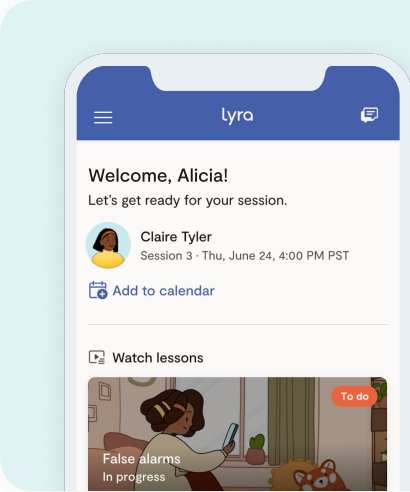
 **The largest child specialist network**  
Our high-quality network of diverse therapists includes more than 6,500 licensed child specialists.

 **Flexible scheduling**  
Parents and teens can register on the Lyra platform and find flexible booking options, including evenings and weekends.

 **Innovative digital content**  
Many therapists offer age-appropriate digital exercises and videos to reinforce learnings.

 **Support for all ages**  
From teens to toddlers, Lyra provides innovative, evidence-based treatment for the whole family.


 **Integrated family care**  
Knowing your child is struggling can be stressful. Many parents and caregivers find that getting care for themselves helps.



## Find care for your teen

You and your eligible family members have up to 12 sessions per person, per year, at no cost.

 [1884.lyrahealth.com](https://1884.lyrahealth.com)

 (877) 422-5532



## Your teen might benefit from therapy if you've noticed...

- Unusual emotional outbursts
- Constant defiance
- Under-eating or unexplained weight loss
- Withdrawal from enjoyable activities and social relationships
- Frequent and uncontrollable worries
- Falling behind in school

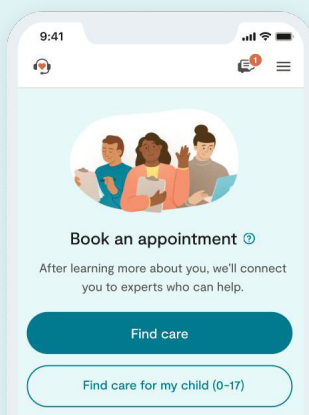
If your child is struggling, it's helpful to name the specific issue they are struggling with. You might start a conversation by saying...



“It sounds like you’ve been having a tougher time with \_\_\_\_\_. Have you noticed that too?”

“How would you feel about getting some support to learn tools on how to better manage \_\_\_\_\_?”


“Just like you have a coach/tutor/etc. for \_\_\_\_\_, it sounds like it might be helpful for someone to help with \_\_\_\_\_.”



## Get started

Your teen can create an account on their own, or you can book an appointment for them.

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