

UNITED STATES WELL-BEING RESOURCES



If you are experiencing thoughts of suicide or self-harm, please call the National Suicide Prevention Lifeline at [988](tel:988). You can also find a quick reference guide to crisis numbers at [UnderTheHat.com](https://www.underthehat.com).

Lyra provides mental health services for all eligible employees (including union employees), their families and household members. You will have access to up to 12 coaching or therapy sessions, per person per year at no cost.

NEED HELP WITH:	SERVICES OFFERED
Mild to moderate mental health needs	Preventative mental health offering: On-demand self-care library featuring research-backed videos, articles, mindfulness resources and meditations.
	An e-learning platform featuring on-demand courses and virtual discussion groups on mental health topics.
	Self-care with initial help from a coach, who will help plan a path forward. Your Lyra coach will craft a personalized six-week digital care plan with activities that directly address your goals at your own pace.
	Meet regularly with a certified mental health coach to help you with challenges such as anxiety, stress, relationship issues, or parenting challenges.
Moderate to complex mental health needs	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.
	Psychiatric medication help: Meet with a physician for medication consultations, symptom and side effect tracking, and follow-up sessions.
	High touch support when transitioning to intensive outpatient, partial hospital program, rehabilitation or in-patient facilities for kids, teens and adults.
Substance use	Alcohol: Lyra can help you change your relationship with alcohol — whether you want to drink less or stop drinking entirely.
Legal and Financial Services	Legal: Legal advice from an attorney or mediator, 24/7 emergency services, and an online legal library.
	Debt management and 401k planning
Identity theft	Consult with a fraud resolution specialist to restore your identity and good credit.
Child, elder, pet care	Get help with quality childcare, eldercare and/or pet care

Access these services by calling 877-422-5532 or visit [1884.lyrahealth.com](https://www.1884.lyrahealth.com)

Additional resources may be available for financial, legal, elder/family care, substance abuse and more. To find out what additional programs you are eligible for go to myjobbenefits.com. If you need help accessing your password, call the Benefits Department at [855-329-7907](tel:855-329-7907) or email benefits@kiewit.com.