

PROGRAM OVERVIEW & ELIGIBILITY



U.S. EMPLOYEES CALL: 877-422-5532

Access confidential care for your emotional and mental health whenever you need it through Lyra, the company's Employee Assistance Program provider in the United States. Lyra offers 24/7 support for everyday challenges and more serious problems.

Who is eligible

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.

What you get

- Guided self-care coaching via video or live messaging
- A coach-crafted care plan and self-paced mental health strategies
- Access self-led wellness tools anytime, anywhere
- In-person and video therapy to diagnose and treat mental health conditions like depression, PTSD and more
- Medication management through specialized physician consultations
- Tap into work-life services including legal, financial, identity theft and independent care services

Start here with Lyra:

1884.lyrahealth.com is your gateway to support, stories and tools that make a difference.

care@lyrahealth.com | (877) 422-5532



Scan to take action