

Workforce Mental Healthcare for Every Need

Lyra takes the guesswork out of accessing care by matching members with the right personalized care experience for their needs.


Our product offerings



Preventive Care

Support for challenges like Parent stress Burnout Relationship issues Anxiety


Proactive support for mild to moderate symptoms through self-guided lessons or coaching.

Lyra Essentials  Available globally	Library of 100+ on-demand self-led skill-building resources to support ongoing mental well-being	Adults 18+
Lyra Guided Self-Care	Personalized 6-week digital care plan for self-paced learning, with ongoing coach feedback and 1:1 messaging throughout care	Adults 18+
Lyra Mental Health Coaching  Available globally	Regular sessions with an ICF-certified coach coupled with in-between session activities and provider support for individuals and parents	Adults 18+

Clinical Needs

Support for challenges like Depression PTSD Severe anxiety Bipolar disorder

Help more employees recover faster and stay healthy for longer with therapy and medication management.


Lyra Therapy  Available globally	Sessions with a high-quality therapist practicing evidence-based treatments, integrated with in-between session support	Kids 0-13 (ages 12+ outside of the US), Teens, Adults, Couples, Families
Lyra Medication Management	Evidence-based prescribing, follow-up sessions and symptom and side effect tracking and safe and inclusive transgender affirming care	Kids 0-13, Teens, Adults Requires Health Plan Integration

Complex Needs

Support for challenges like Suicidality Substance use Clinical leave Inpatient care

Support for acute symptoms with fast access to specialized treatment and advanced care coordination for inpatient services.

Lyra Renew	Enhanced substance recovery support to cut back or attain sobriety with specialized therapy, peer-recovery groups, weekly check-ins, and between session support	Adults 18+
Lyra DBT	Enhanced support for severe symptoms such as suicidal ideation, self-harm, and distorted eating-behaviors that includes therapy, group therapy, 24/7 access to expert clinicians, and between session support	Adults 18+ Requires Health Plan Integration
Lyra Clinical Leave Evaluations	Fast access to evaluations paired with high-quality care to promote health and a successful return to work	Adults 18+ Requires Health Plan Integration

Lyra Advanced Care Coordination  Available globally	Support accessing the right, high-quality intensive outpatient and inpatient facilities for higher levels of care	Available for Kids 0-13, Teens, Adults Global support varies by geography
Lyra Autism Spectrum Disorder Navigation	High-touch support for adults and caregivers of children with expected or diagnosed Autism	Available for Kids 0-13, Teens, Adults


Workforce Transformation

Support your organization to identify and prevent workplace risks and build a culture that promotes mental well-being.

Lyra Learn  Available globally	E-learning platform with courses focused on workplace well-being	Available to all members
Lyra Gatherings  Available globally	Expert-facilitated group discussions on social identity, mental health, and wellness topics	Available to all members
Lyra Workshops  Available globally	Clinician-led trainings hosted exclusively for your organization to promote workforce well-being	Available to all members
Lyra Manager Consultations  Available globally	Live and on-demand training and unlimited consultation for managers with concerns related to employee mental health	Available to all members
ERG and Community Support	ERGs and peer community toolkits, discussion guides, and a network of community leaders to share best practices and get expert clinical advice	Available to ERG and community leaders
Anti-Stigma Campaigns  Available globally	Monthly content on timely, relevant topics that educate and engage members	Available to benefit leaders partnering with Lyra
Rapid Response Support  Available globally	Urgent support for organizations when challenging events happen in the world such as email copy, live gatherings, and employee resources	Available to benefit leaders partnering with Lyra
Lyra Connect  Available globally	Customer portal providing 24/7 access to on-demand reporting and resources such as stigma campaigns, ERG toolkits, and product details	Available to benefit leaders partnering with Lyra
Lyra Organizational Health Evaluation  Available globally	Diagnostic data to identify causes of burnout coupled with support from organizational development experts to improve the work experience	Available to organizations partnering with Lyra

Work-life Services

Provide support for all areas of a member's life for a complete whole person approach to wellbeing and additional support for employer partners including fitness for duty and SAP referral services.

Critical Incident Support  Available globally	Evidence-based, expert, crisis support and care in-person or virtual when an event occurs in the workplace or community	Available to benefit leaders partnering with Lyra
Financial  Available globally	Access to advisory support from a financial advisor or CPA on a variety of topics from debt management to 401k planning	Available to all members
Legal  Available globally	Access to legal advice from an attorney or mediator, 24/7 emergency services, and online resources	Available to all members
Identity Theft	Consult with a Fraud Resolution Specialist (FRS) to work through fraud issues and prevent future issues	Available to all members
Child, Elder, and Pet Care  Available globally	Support for individuals and caregivers including childcare, college search, adult care, end-of-life care, and pet sitting support	Available to all members Pet Care only available in U.S.