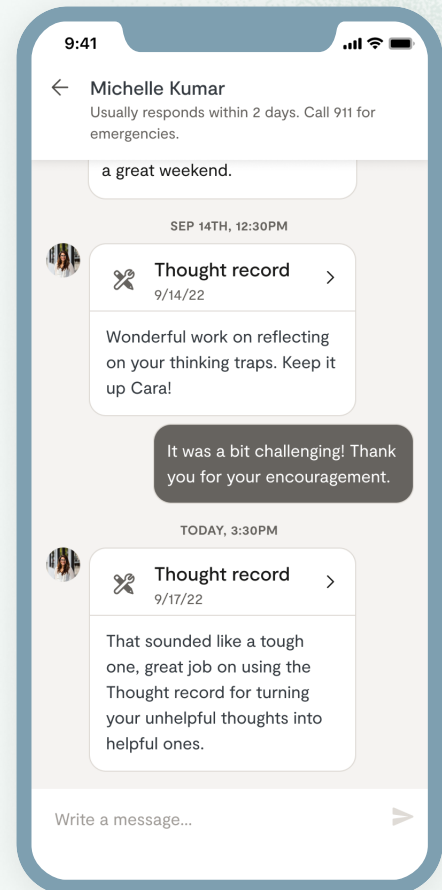


Mental Health Coaching

Work with your Lyra coach through regularly-scheduled sessions to better understand what's challenging you, decide what you want to work on, and plan a path forward. Choose to connect with your coach via live messaging through your mobile device or from your computer, or meet “face-to-face” over live video on a recurring basis. As you work together, you'll continue to develop your toolkit of skills and strategies to support your mental health, and build strength for lasting change.



Evidence-based care, proven to work



Meet anywhere on-the-go

Flexible options to meet with a certified coach via video, live messaging, or phone, whatever is most comfortable.



Ongoing care for long-term growth

Connect regularly with your coach to get to the root of your challenges and make lasting change.



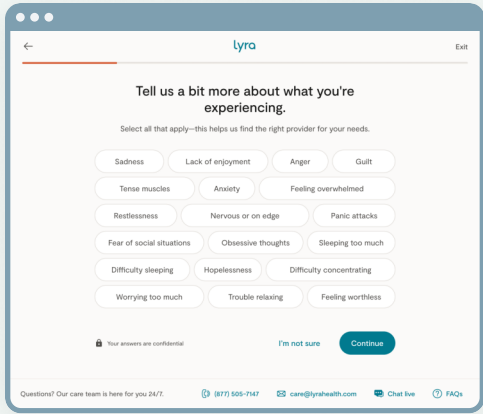
Support between sessions

Practice new strategies and activities recommended by your coach and message them for added support between sessions.



My coach has been incredibly helpful to the point where even my friends and family have noticed a difference and it's only been three weeks. So grateful for my coach and Lyra!

– Lyra client



The right care for you

No matter what you are dealing with or where you are in your journey, Lyra's here to help. In as little as 5 minutes, we'll match you to care options based on your needs and lifestyle.

Support for a wide range of challenges

Our mental health coaches help you pin-point what you're dealing with and can support a range of challenges including:

- Anxiety
- Stress
- Racial stress
- Life transitions
- Trouble sleeping
- Imposter syndrome
- Burnout
- Relationship issues
- Loneliness
- Grief
- Perfectionism
- Parenting challenges



Not your typical wellbeing coaches

Lyra coaches practice Cognitive Behavioral Coaching, which draws from clinically validated treatments including cognitive behavioral therapy and positive psychology.

Highly vetted and experienced

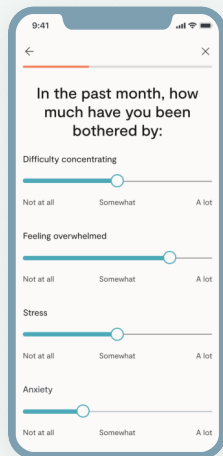
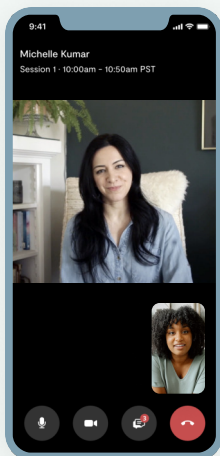
Only a select number of coaches pass Lyra's extensive vetting process and every Lyra coach has trained at a top ICF accredited program.

Effective treatments that work

79% of members in coaching improve their stress and wellbeing according to our validated clinical measures.

Members love Lyra coaches

87% rate Lyra's coaching experience highly.



What is Lyra?

Lyra provides care for your emotional and mental health, how, when, and where you need it. Whether you're feeling stressed, anxious, or depressed, short-term support from Lyra's top coaches and self-care resources can help.