

## PROVIDER DIVERSITY

# Meet your Lyra provider team

Lyra works with a diverse set of expert, caring providers who are dedicated to helping you meet your mental health goals.

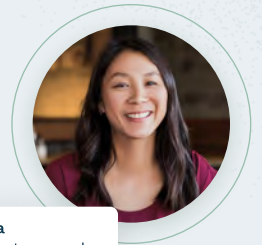
**Desiree**  
Focuses on cultural awareness and caring for underrepresented minorities



**Mario**  
Focuses on social anxiety, panic disorders, and gender dysphoria



**Melissa**  
Speaks English and Cantonese, and specializes in trauma and substance use



## You're in great hands with Lyra providers



### Best-in-class network

We are selective in choosing our therapists. Only a select few of the providers that apply are invited to join Lyra. Because we only work with providers who practice evidence-based techniques, you can trust the care you're getting will help you feel better, faster.



### Range of specialties

The Lyra provider team has deep experience across a diverse range of specialties, including providers who specialize in adults, children/adolescents, and couples, as well as suicidality, substance use specialists, and experts in caring for underrepresented minorities.



### Diverse care and needs

We've partnered with a Diversity, Equity & Inclusion expert to make sure our provider network reflects the diversity and preferences of our members. 40% of our network of therapists identify as Black, Indigenous, and/or People of Color.



*I felt a connection with my provider within the first few minutes of our first session.*

– Lyra client

## How can I continue with my current provider?

If you are currently seeing a provider and are interested in learning if your sessions could be covered under the Lyra benefit, you can invite your provider to apply to join Lyra at <https://www.lyrahealth.com/apply-now>. If your provider chooses to apply, Lyra will evaluate their approach to short-term, evidence-based therapy and see if they meet other criteria to become a Lyra provider.