



COPING WITH GRIEF AND LOSS

Guidance and support for your journey to life after loss

Lyra Health, Your Mental Wellbeing Benefit

Lyra Health is T-Mobile's new mental health benefit provided to you through the LiveMagenta Wellbeing Program at no cost. This benefit includes 10 free sessions per topic, per year for you and each member of your household.



From the Lyra Library

Resources available for you to explore at your own pace

TO HELP YOU

[Grief After the Loss of a Loved One](#)

[How to Process Grief After Loss](#)

[How Grief Counseling Helps You Heal](#)

[Video: Working While Grieving](#)

TO HELP OTHERS

[Proven Ways to Support Others in Grief](#)

[How to Support Someone Who is Grieving](#)

[Supporting Employees After Bereavement Leave](#)



Scan to learn more about Lyra's resources and offerings for grief

How Lyra Can Help

You deserve mental health care that's inclusive, and a mental health coach or therapist who understands your unique history and experience.

That's why Lyra offers:

- ✓ Access to diverse providers with expertise
- ✓ Research-backed care proven to support you after loss
- ✓ In-person or virtual appointments, with easy booking
- ✓ Care for the whole family, including couples and children
- ✓ A supportive team of care navigators, available 24/7
- ✓ Digital intake which matches you to the right level of care

Get Started with Lyra
livemagenta.lyrahealth.com



Call Lyra
855-780-5958

