

# Programs and Services Available Through Lyra Health—Your Mental Wellbeing Benefit

We all need a little help from time to time. Whether you're feeling anxious or depressed, experiencing grief, navigating life changes, looking to improve your work or personal relationships, or just want to feel better emotionally, Lyra is here to support you through a variety of digital tools, care options, and resources.

**Lyra's Care Navigator Team:** 24/7/365 access to clinicians and support staff. To access the Lyra Care Navigator Team, call (855) 780-5958, email Lyra at [care@lyrahealth.com](mailto:care@lyrahealth.com), live chat, or schedule an appointment with a Lyra Care Navigator directly through [livemagenta.lyrahealth.com](https://livemagenta.lyrahealth.com). *This service is free and unlimited.*

**Lyra Library:** Library of digital self-led skill-building resources to support ongoing mental wellbeing. *This service is free and unlimited.*

**Lyra Mental Health Coaching:** Evidence-based support with a certified coach via video or live messaging sessions coupled with between-session activities. *Employees can utilize their 10 sessions per issue, per year toward mental health coaching.*

**Lyra Guided Self Care:** Custom digital care plans crafted by a dedicated coach. *Employees can utilize one of their 10 sessions per issue, per year toward guided self-care.*

**Nicotine Quitline:** Provides access to specially trained Quit Advocates to help employees quit smoking, vaping, and other forms of nicotine use. *Each employee has free access to six total calls with the Quitline.*

**Lyra Therapy:** Evidence-based therapy with between-session provider support and digital activities. *Employees can utilize their 10 sessions per issue, per year toward therapy.*

**Lyra Medication Management:** Evidence-based medication prescribing, follow-up sessions, and symptom and side effect tracking. *This service requires employees to use their health plan benefits and is always subject to a cost-share based on their outpatient mental health benefit through T-Mobile.*

**Complex Care Navigation:** Comprehensive solution designed to drive lasting improvement and recovery for complex needs, including suicidality, as well as eating and substance use disorders. Includes support into higher levels of care. *This service is free and unlimited.*

**Lyra Renew:** Enhanced alcohol and substance recovery support for reducing drinking and substances or attaining sobriety with therapy, peer recovery groups, and between-session support. *Employees can utilize their 10 sessions per issue, per year toward Lyra Renew.*

**Lyra Dialectical Behavioral Therapy (DBT):** Enhanced support for severe emotional distress (chronic suicidal thoughts, self-harming behaviors, and other high-risk challenges) that includes individual therapy, group therapy, 24/7 access to expert clinicians, and between-session support. *Employees can utilize their 10 sessions per issue, per year toward Lyra DBT.*



**Autism Spectrum Disorder Navigation:** Navigation, education, and resources for adults, children, or caregivers with suspected or diagnosed Autism Spectrum Disorder (ASD). *This service is free and unlimited.*

**Mental Health Short-Term Disability Evaluations:** Fast access to mental health evaluations with a mental health physician to assess whether a condition may result in a temporary inability to work, paired with ongoing case management and high-quality, evidence-based care. *This service is free and unlimited.*

**Critical Incidents:** Evidence-based, crisis support for managers/leaders and employees during critical events. Lyra's support is designed to help employees process these moments and begin to build resilience. Critical Incident Support can be requested through [this online form](#). *This service is free and unlimited.*

**Dedicated Resource Coordinator:** A dedicated Resource Coordinator connects employees with personalized resources to help address unmet social needs (e.g., food, housing, transportation) that impact their mental wellbeing. *This service is free and unlimited.*

**Work-Life Services:** Employees have no-cost access to non-mental health related work-life services that support holistic wellbeing, delivered by My Secure Advantage and Carelon. Support includes: legal, ID and theft support, child, elder and pet care referrals, and financial consultations. *This service is free and unlimited.*

To learn more about Lyra, create an account at  
[livemagenta.lyrahealth.com](https://livemagenta.lyrahealth.com)  
or call (855) 780-5958 for 24/7 support.