

## OVERVIEW

# Lyra is for Everyone

Find confidential care from a diverse group of therapists and mental health coaches, unlimited access to self-care resources, and a library of tools to help you maintain your mental well-being. No matter what you're going through, Lyra is here to support you.



## Guided self-care with a coach

Get a care plan crafted by your Lyra coach and learn new mental health strategies at your own pace.

## Mental health coaching

Get to the root of your challenges with effective care from a mental health coach via video or live messaging.

## In-person & video therapy

Meet with a therapist for diagnosis and treatment of mental health conditions like depression, PTSD, and more.

## Essentials

Tap into self-led wellness tools anytime, anywhere.

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*I can't believe that genuine help was only a click away. I'm beyond grateful for Lyra.*

– Lyra client

Learn more at [carlisle.lyrahealth.com](https://carlisle.lyrahealth.com)  
[care@lyrahealth.com](mailto:care@lyrahealth.com) | (877) 337-3823



# No matter what you're dealing with, Lyra can help

Confidential care from the best quality providers, so you can feel better faster.

## How Lyra works

### ✓ Getting started is easy

Share what you're dealing with, get care recommendations, and book an appointment. Lyra members waste less time looking for care and spend more time feeling better.

### ✓ High-quality care that works

Lyra is dedicated to offering the best care possible and supporting only treatments that are the most effective at relieving symptoms, typically within a short period of time.

### ✓ The best coaches and therapists available nationwide

Our providers are ready to meet you where you are — via live video, live messaging, or even in-person. Many use digital lessons and exercises to enhance your care experience between sessions.

### ✓ Tap into additional work-life services

Receive expert advice to help you stay on top of your busy life, including legal, financial, identity theft, and dependent care services.

## Who is eligible?

All eligible Carlisle employees and their dependents, including children ages 2 and older, have access to 8 sessions at no cost to you.

Learn more at [carlisle.lyrahealth.com](https://carlisle.lyrahealth.com)  
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