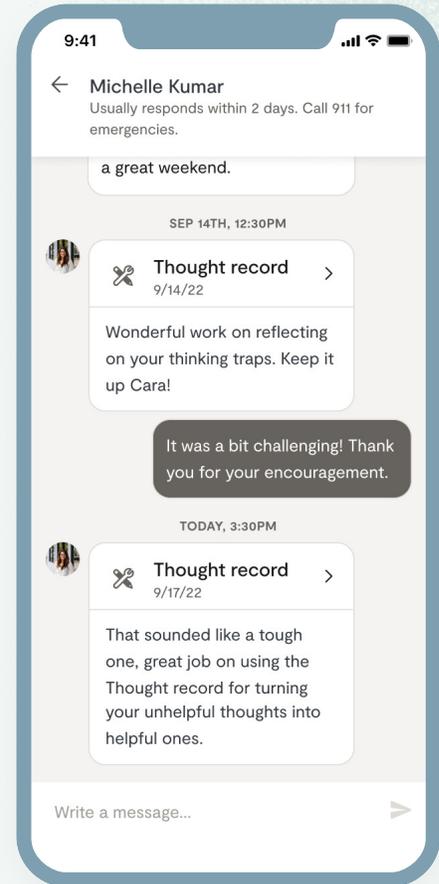


CARE OPTION

# 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.



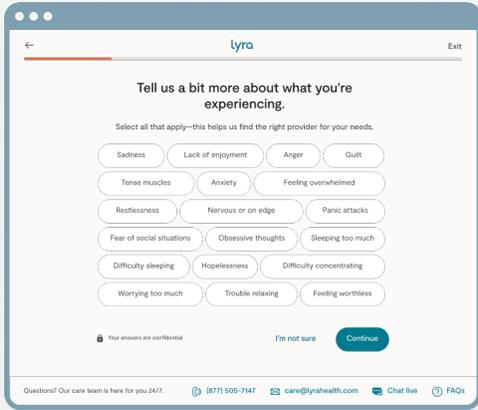
### Support between sessions

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



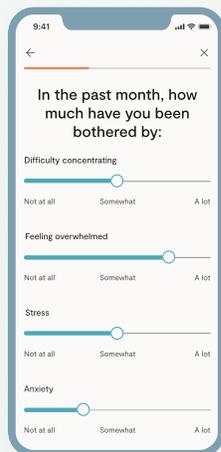
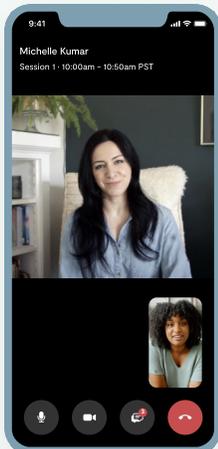
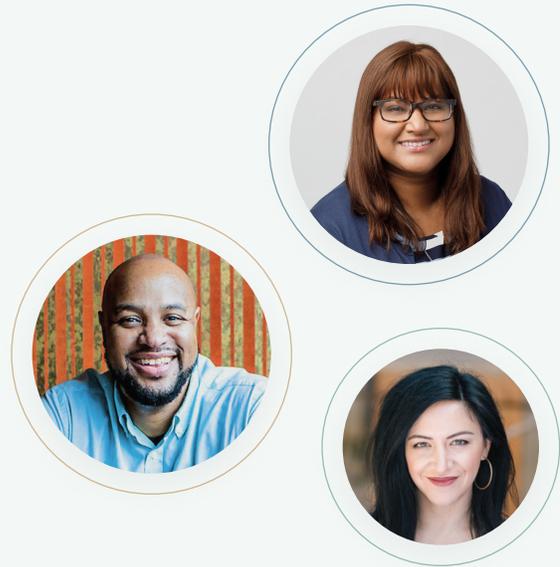
## The right care for you

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

Learn more at [care.lyrahealth.com](https://care.lyrahealth.com)  
[care@lyrahealth.com](mailto:care@lyrahealth.com) | (877) 505-7147

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.

