

lyra

Lyra Mental Health Coaching

Get connected to a Lyra coach—an expert who can support you through challenges affecting your well-being.

As you work together through regularly-scheduled sessions, you'll develop skills and strategies to build resilience for personal growth and lasting change.



Confidential, evidence-based care, proven to work



Easy to use

Creating an appointment is easy. Answer questions about how you're feeling, get matched with a coach and book an appointment all with our easy-to-use online platform.



Meet anywhere

Meet with your certified coach via video or phone. Choose whatever option works best for you.



Ongoing care

Connect regularly with your coach for long-term, personal growth. Your coach will only use clinically-validated treatments to meet your needs.

Get started today by visiting
cozen.lyrahealth.com

Coaching is effective

79%

of members in coaching show improvements in stress and well-being.

Members love Lyra coaches

87%

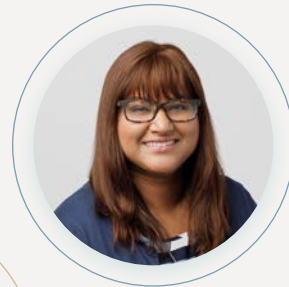
of members are highly satisfied with their coaching experience.

Support from a wide range of coaches

Our mental health coaches will support you through challenges like:

Anxiety	Burnout
Stress	Relationship issues
Racial stress	Loneliness
Life transitions	Grief
Trouble sleeping	Perfectionism
Imposter syndrome	Parenting challenges

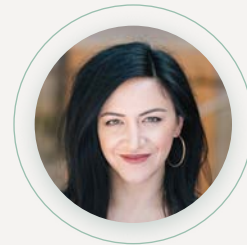
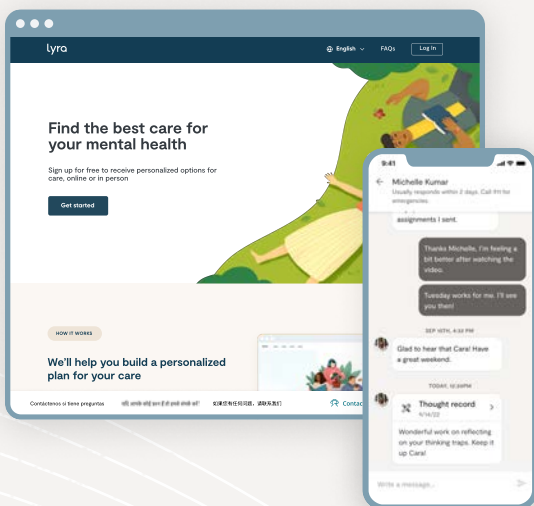
¡Hola!



Bonjour!



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Local and culturally-relevant care

Get connected to a network of diverse providers from your region who understand your cultural norms.

For more information, visit
cozen.lyrahealth.com