

Your go-to for mental health

Find care for your emotional and mental health, how, when, and where you need it. Whether you're feeling stressed, anxious, or depressed, support from Lyra can get you back on your feet.



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.



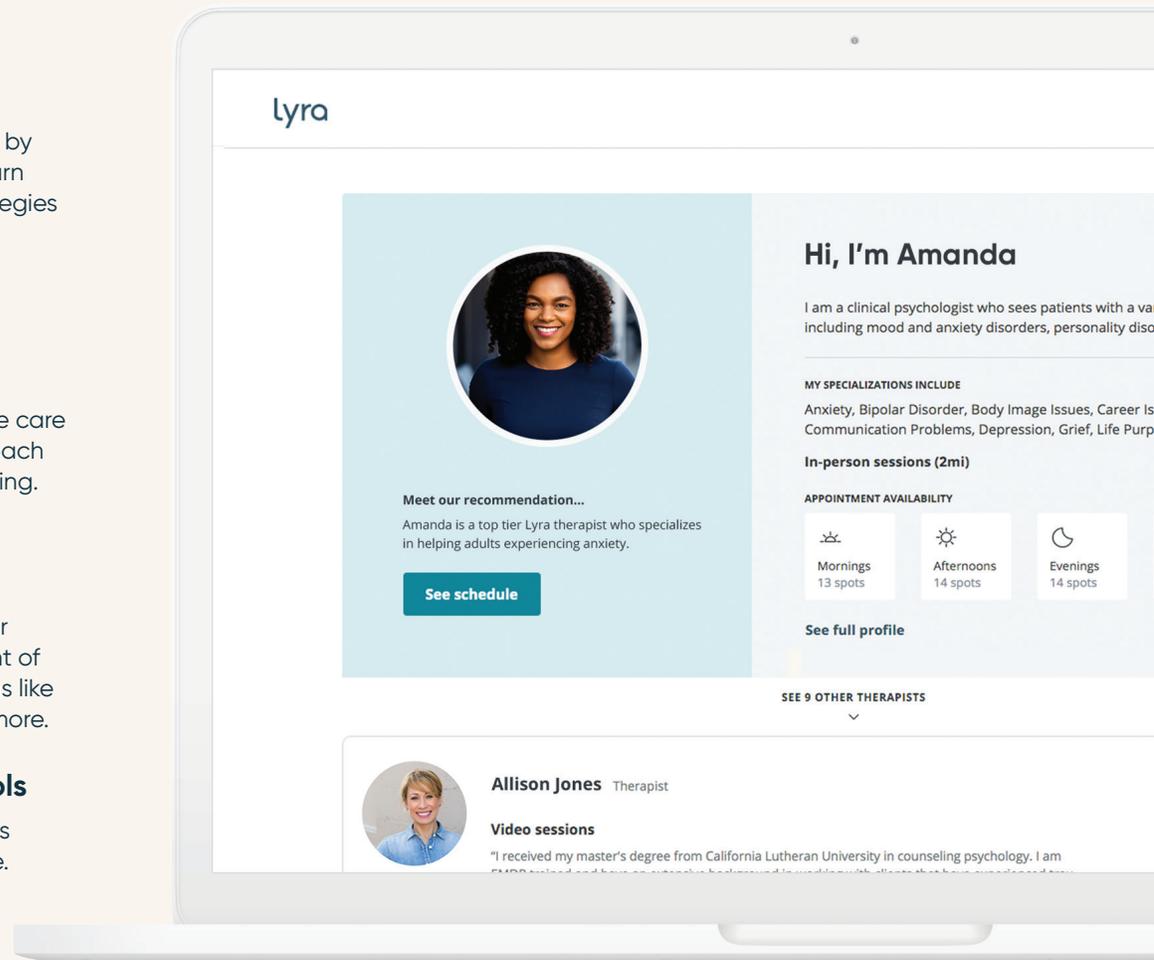
In-person & video therapy

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



Mental wellness tools

Tap into self-led wellness tools anytime, any place.



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

– Lyra client

A radically simpler way to get care for you and your family

Hassle-free 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.

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 – and many use digital lessons and exercises to enhance your care experience between sessions.

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.

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 for Lyra mental health benefits

All U.S. benefits-eligible VMware members, including spouses and dependents (up to age 26), have access to 12 sessions, at no cost to you.

In addition, eligible VMware employees and their eligible dependents enrolled in a UHC plan can access therapy and medication management with a Lyra network provider, in-person or via live video. These sessions are billed through the health plan and subject to in-network behavioral and mental health cost-sharing, as defined under your health plan.

Get started at VMware.lyrahealth.com
care@lyrahealth.com | (844) 377-7481

Lyra Health, Inc. works in partnership with Lyra Clinical Associates P.C. and other contracted partners to be your Lyra care team and deliver clinical services. Your Lyra benefit provides access to in-person or live video sessions, if you meet eligibility requirements through your sponsoring employer, and services are deemed appropriate by your provider. Lyra does not cover inpatient or residential treatment, hospitalization (including partial), intensive outpatient treatment, emergent care, long term care or counseling, prescription medication, autism spectrum disorder treatment, services for remedial education, and non-evidence-based behavioral health care.