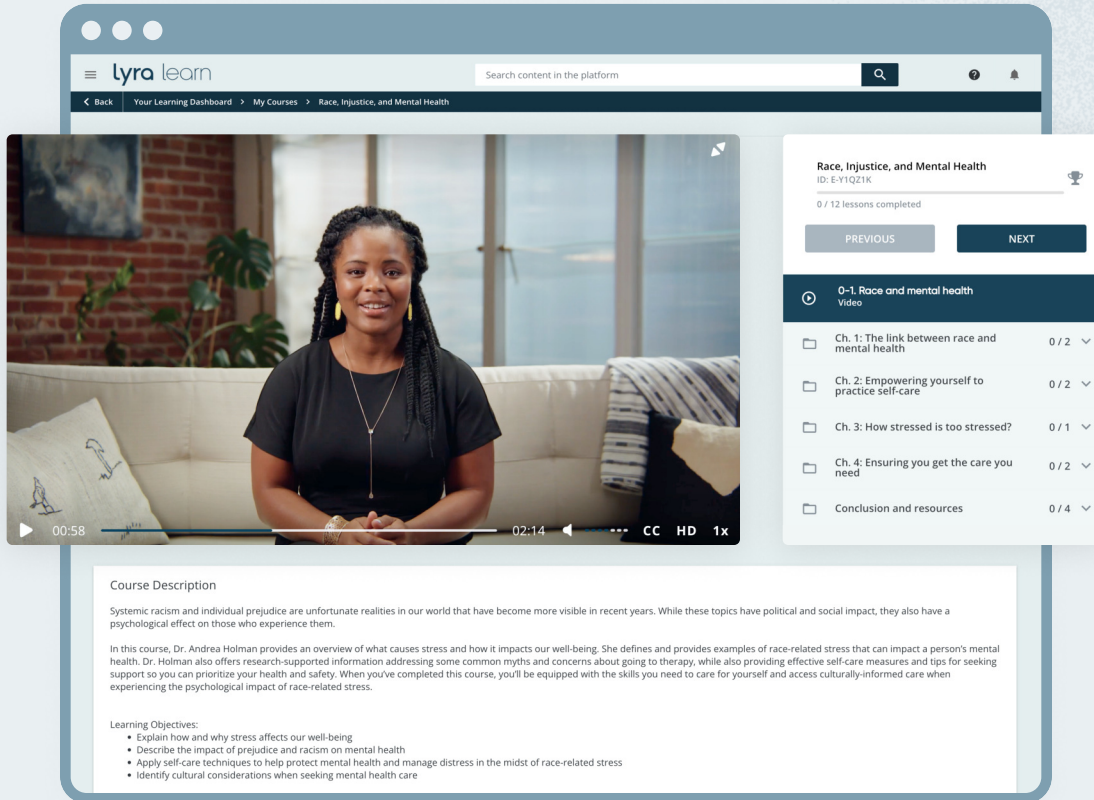


Lyra Learn

Build strategies to help improve your well-being at work and home with Lyra Learn, an eLearning platform created by Lyra’s team of mental health experts.



On-Demand Courses and Live Workshops

Explore unlimited on-demand courses and live monthly workshops taught by Lyra mental health professionals. Each curated course has 5–8 chapters that include bite-sized videos, knowledge checks, and resources to allow you to learn at your own pace. Topics include:

Getting better sleep
Managing your stress

Race, injustice and mental health
Parenting in the real world

Minding your mental health
Soaring past setbacks



Gatherings

Engage in Gatherings – virtual listening and discussion sessions on thought-provoking topics related to mental health, current events, diversity, equity, inclusion, and belonging. Each Gathering is a supportive space led by a clinical topic expert. Attendance is limited to ensure an intimate, small-group experience.

To get started, visit learn.lyrahealth.com and enter your customer code: #affirm785