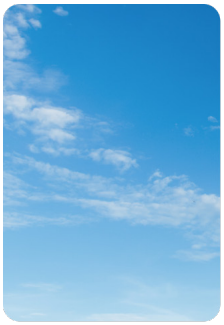
lyra

affirm

Healthier mind, stronger you *—with Lyra*






Mental health care helps in life's toughest moments—and in the everyday ones, too. Regularly investing in your well-being can help you feel more balanced, confident, and ready for whatever comes next.

Lyra makes it easy to start care and stick with it, helping you feel stronger, steadier, and better every day.

- **12 no-cost sessions**
  Get confidential care from a coach or therapist matched to your needs and preferences.
- **Care options that it your schedule**
  Talk to your provider virtually, in person, or via live chat—even on nights and weekends.
- **Support for the whole family**
  Find specialized care for kids, teens, parents, and couples, so the whole family can feel stronger together.
- **On-demand resources**
  Access hundreds of self-help resources, like meditations, videos, and courses, anytime, anywhere.



Download the app

Download on the App Store

GET IT ON Google Play

You and your eligible dependents each get 12 free therapy or mental health coaching sessions per year, as well as a library of on-demand resources. Your confidential sessions are paid for by Affirm. There is no cost to you.

Get started with care in just a few minutes—sign up today.

Visit: affirm.lyrahealth.com
Call: Lyra's Care Navigator Team at (877) 890-1208