

Mental Health Made Easy

Mass General Brigham Health Plan members have fast access to high-quality mental health care coaches and therapists in just a few clicks.

All Lyra Health services are billed through the health plan and subject to in-network outpatient mental health cost-sharing, as defined under the member's health plan.

In-person & video therapy

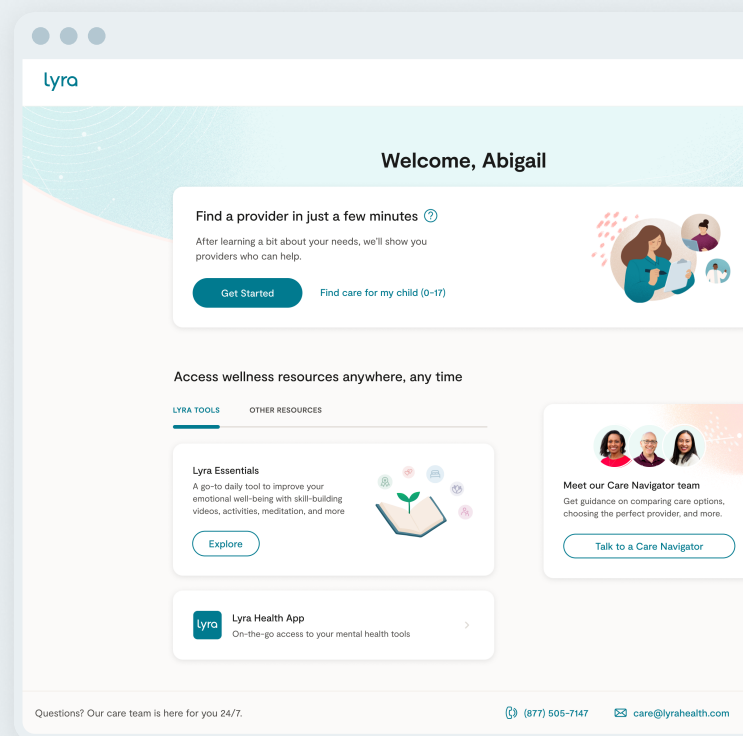
Members meet with a therapist for diagnosis and treatment of mental health conditions like depression, anxiety, substance use, and more.

Mental health coaching

Members find care with a mental health coach to support you through managing stress, low confidence or self-doubt, relationship issues, and more via video or live messaging.

Essentials

All members can tap into Lyra Essentials for self-care resources to manage stress, strengthen relationships, and even improve sleep.



Medication Management

Members can consult with a specialized physician on mental health medications.

Guided self-care with a coach

Members can choose to get a care plan crafted by a Lyra coach and learn new mental health strategies at their own pace.

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Lyra made working with my existing health plan easy, and I'm so thankful I was matched with my provider.

– Lyra client