

# Your Path to Better Mental Health

We all need a little help from time to time. Whether you're feeling anxious or depressed, experiencing grief, navigating life changes, looking to improve your work or personal relationships, or just want to feel better emotionally—Lyra's got you and your eligible family members covered.



## Fast access

Get digital resources, and/or meet with a coach or therapist in as little as three days.



## Care options that fit your schedule

Talk to your provider virtually, in person, or via live chat—even on nights and weekends.



## Individualized care

Lyra will match you with the right care for your needs and a provider who understands your background and identity. We can even help you fill and manage your mental health prescriptions.



## On-demand resources

Explore a library of self-help resources—including meditations, videos, and courses—to support both your personal and professional life.



## Support for the whole family

Unlock your family's full potential with specialized care for kids, parents, caregivers, and couples. Members who live out of state are also covered, like college students.



## NEW: Lyra Care for Teens

Lyra makes the process of finding a therapist for your teen as fast, easy and stress-free as possible.

Eligible Mass General Brigham Health Plan members have access to Lyra's provider network of coaches and therapists and to medication management support. Sessions with a Lyra provider are billed through the health plan and subject to in-network outpatient mental health cost-sharing. To confirm if Lyra is available on your plan, please visit the Mass General Brigham Health Plan [member portal](#) or call the Customer Service number on the back of your member ID card.

**Get started with care in just a few minutes—activate your benefit today.**  
Log in to your member portal at [Member.MGBHP.org](https://Member.MGBHP.org) to access Lyra  
or call Lyra's care navigator team at **(877) 212-5055**.