

## OVERVIEW

# Care Options Available to You as a Lyra Member

Lyra offers a full spectrum of care offerings, from preventive to severe. No matter what you're facing or where you are in your mental health journey, Lyra is here for you. Start by taking a short assessment to share what you're experiencing. Based on your needs, Lyra will match you with confidential care options and compassionate providers.



## Who is eligible

All OSU Classified, Professional Faculty, Academic Faculty, Graduate Assistants, Postdoc scholars, Clinical Fellows, part-time and Temporary employees are eligible for Lyra. All employees and their dependents have access to **8 free coaching or therapy sessions per person per year**. Eligibility is not tied to PEBB eligibility or enrollment. Lyra members shall be responsible for “no-show” and “late cancellation” fees that may be charged by the Provider according to the Provider’s late cancellation/no-show policy. Student employees are not eligible for Lyra but have access to a variety of mental health resources and services located at [counseling.oregonstate.edu/students](https://counseling.oregonstate.edu/students).

## Need extra help?

Lyra's Care Navigator Team is available 24/7 via phone or live chat to answer any questions you have about starting care for yourself or someone in your family.

[Learn More >](#)

Learn more at [osu.lyrahealth.com](https://osu.lyrahealth.com)  
[care@lyrahealth.com](mailto:care@lyrahealth.com) | (877) 235-7812

## Lyra Library



Lyra Library gives you access to over 400 digital resources to support your personal and professional well-being.

The library includes on-demand courses, live events, meditations, soundscapes, articles, and videos, and is available on-the-go via the Lyra Health app.

[Learn More >](#)



Digital Activities

## Lyra Guided Self-Care



Meet with your personal Lyra Coach for a live video consultation to discuss your needs. Your coach will get to know you one-on-one so you can plan a path forward, together. After your initial session, your Lyra Coach will craft a personalized six-week digital care plan with activities that directly address your goals. Work through your care plan at your own pace and on your own schedule. Your coach will keep you on track, provide specific feedback, and be available via messaging for questions and support.

[Learn More >](#)



Live Video



Messaging



Digital Activities

## Lyra Coaching



Work with your Lyra Coach through regularly-scheduled sessions to better understand what's challenging you, decide what you want to work on, and plan a path forward. Choose to connect with your coach via live messaging through your mobile device or from your computer, or meet "face-to-face" over live video on a recurring basis. As you work together, you'll continue to develop your toolkit of skills and strategies to support your mental health, and build strength for lasting change.

[Learn More >](#)



Live Video



Live Messaging



Digital Activities

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## Lyra Therapy



Lyra works with the best therapists who use only evidence-based techniques proven to reduce your symptoms. For those who want our most effective, and convenient care, we offer Lyra Blended Care Therapy. With Blended Care Therapy, you can stay connected with your therapist between video therapy sessions, practice skills to reduce your symptoms, and track your progress — so you can start feeling better right away.

[Learn More >](#)



In-person



Live Video



Messaging



Digital Activities



Phone

# Additional Programs

## Work-Life Services



Lyra offers the following work-life services to help you and your family during challenging times:

- Legal services include a free 30-minute consultation with an attorney or mediator and access to 24-hour emergency support

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