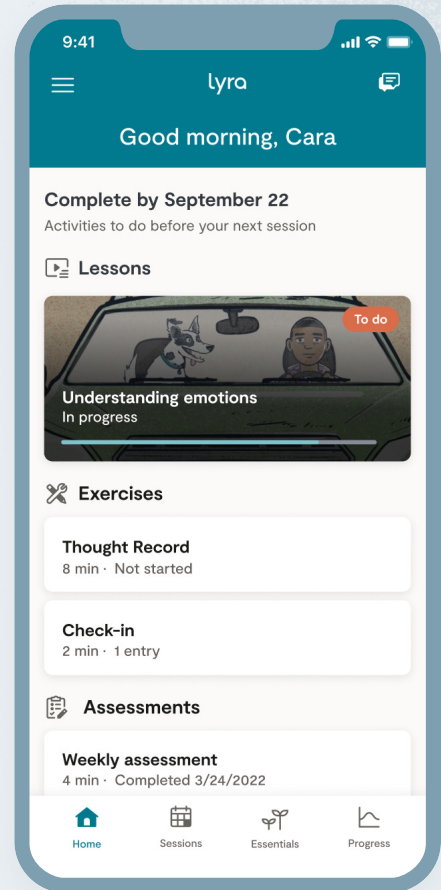


CARE OPTION

# Mental Health Therapy

Lyra Therapy offers access to top providers that only use evidence-based treatments with appointments available right away. Lyra’s therapists are experts at diagnosing mental health conditions and identifying thoughts, behaviors and strong emotions that may be symptoms of severe depression, anxiety, PTSD, and more. Each week your therapist will introduce new skills and assign exercises to practice between sessions so you can develop lasting change and feel more like yourself again.



## Find a therapist that’s right for you



### Fast access to proven care

Tired of searching for a great therapist? With Lyra you can quickly find a high-quality, evidence-based provider that has available appointments right away.



### Personalized treatment built by an expert therapist

Using case conceptualization, your therapist will investigate your underlying issues and provide a handcrafted treatment plan designed just for you.



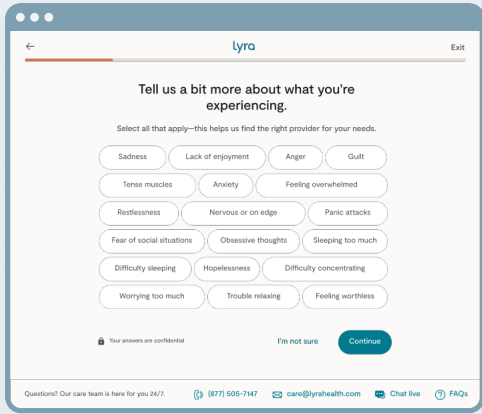
### Develop tools for lasting results

Your therapist will help you develop new skills and strategies to learn how to deal with problematic thoughts, emotions, and behaviors so you are better equipped for challenges today and tomorrow.



*Lyra made it easy for me to finally start the therapy I've needed for a decade.*

— Lyra client

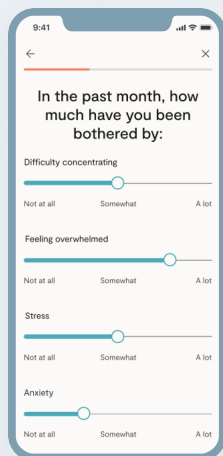
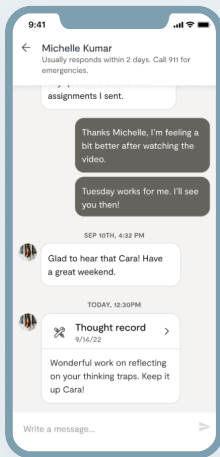


## The right care for you

No matter what you are dealing with or where you are in your journey, Lyra's here to help. In as little as 5 minutes, we'll match you to care options based on your needs and lifestyle.

## Lyra's top therapists

Lyra works only with the best therapists, typically found out-of-network, that use only evidence-based techniques proven to reduce your symptoms. We have a diverse range of providers that specialize in working with adults, couples, families, adolescents and children. These providers are available near where you live or work, and conveniently over video as well.



## Lyra Blended Care Therapy

For those who want our most effective and convenient care, we offer Lyra Blended Care Therapy. Not only do you have sessions with a provider, but you'll be able to get support between sessions too. Message your provider anytime, watch video lessons recommended by your provider, and track your progress throughout the week so you can start feeling better right away.

Learn more at [walmart.lyrahealth.com](https://walmart.lyrahealth.com)  
[care@lyrahealth.com](mailto:care@lyrahealth.com) | 1-800-825-3555

Lyra provides care for your emotional and mental health, how, when, and where you need it. Whether you're feeling stressed, anxious, or depressed, short-term support from Lyra's top therapists and self-care resources can help.

