

My Mental Health Resources

Find confidential care for your emotional and mental health, how, when and where you need it. Through Lyra, you have access to 20 free therapy or mental health coaching sessions per year! You can also tap into digital wellness tools anytime, anywhere.



In-person & video therapy

Meet with a licensed therapist for diagnosis and treatment of mental health conditions like depression, PTSD, and more.



Mental health coaching

Receive personalized support from a mental health coach via video or live chat to help address mild challenges like parenting, burnout, or life transitions.



On demand, self-care library

Tap into Lyra Essentials for unlimited access to digital wellness tools for managing stress, improving sleep, and strengthening relationships.

Who is eligible?

The mental health support services provided by Lyra are available for active U.S.-based associates, and their eligible dependents*, starting on their first day of employment. *Eligible dependents include your spouse/ domestic partner, or your children, stepchildren, or foster children under the age of 26. If you are unsure whether an individual is an eligible dependent, please contact Walmart People Services at 1-800-421-1362.

Learn more at walmart.lyrahealth.com
care@lyrahealth.com | 1-800-825-3555



Scan here to get started.