



Healthier Mind, Stronger You —With Lyra

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.



Up to 25 sessions

Access high-quality and confidential mental health care—including therapy or coaching sessions to support you and the whole family.



On-demand resources

Access a library of self-help resources—like meditations, videos, and courses—for support in your personal life and for work.



Support for the whole family

Receive specialized support for kids and teens, parenting, and couples, so every family member can build skills and feel their best.



Individualized care

Lyra will match you with the right care program for your needs and a provider who understands your unique background and identity.



Care options that fit your schedule

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



Additional services

Free and confidential guidance on work-life needs—like legal services, identity theft, and dependent care support matters.

U.S. benefits eligible Google employees and interns who work over 20 hours per week, as well as their eligible dependents which include spouses, domestic partners, dependent children living at home, and dependent children living away from home (up to age 26), have access to 25 free coaching or therapy sessions per person per year at no cost.

If you are on Google's Anthem plan, you have access to therapy care beyond the 25 free sessions through your health plan, if you meet specific criteria and additional care is needed. Sessions beyond the 25 free sessions are subject to the same cost share, including co-pays, deductibles, and co-insurance as other in-network behavioral and mental health office visits as defined under your health plan. Please review your health plan's Summary of Benefits or contact your health plan to find out what your actual cost will be.

Get started with care in just a few minutes—activate your benefit today.

Scan to access Lyra



Visit: google.lyrahealth.com

Call: Lyra's Care Navigator Team
at (844) 801-3175