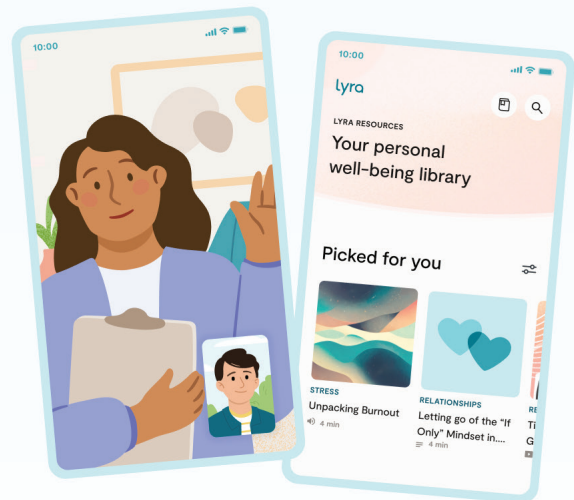










YOUR  BENEFITS

# Mental health support for all of life's moments

As part of your benefits, you and your eligible dependents each have access to 8 FREE therapy or coaching sessions per year, plus no cost self-care resources you can use any time.



No matter what life throws your way, your Lyra benefit is here to support you

-  Workplace stress
-  Money worries
-  Relationship troubles
-  Dealing with grief
-  Coping with an illness
-  Parenting challenges

Claim your confidential benefit at:  
[ensign.lyrahealth.com/may](https://ensign.lyrahealth.com/may)



## Here's how we can help:



### Therapy that works for you

Our licensed therapists use proven techniques to help you develop practical skills that support your well-being.



### 1:1 mental health coaching

Get personalized guidance from a certified coach with exercises between sessions to help build healthy habits.



### On-demand resources

Access an extensive library of helpful articles, guided meditations, courses, and videos whenever you need them.