



A healthy you from head to toe. Lyra is your go-to for mental and emotional well-being.

Connect with top therapists and coaches quickly, easily, and at no cost to you. It's essential to take care of all the important parts of you—especially your mental and emotional well-being. Whatever you're going through, Lyra can connect you to the right support, right away.

GET STARTED at usc.lyrahealth.com or 844.495.7094.

What's Included:

Short-Term, Evidence-Based Care

Lyra covers short-term, evidence-based care provided by licensed clinical therapists and mental health coaches who work with Lyra. Lyra providers practice specific methods of therapy that have been proven to be effective at relieving symptoms within a short period of time.

Access to Available Providers and Digital Care Tools

In addition to vetting all our providers for quality and expertise, we also check their availability. Providers we recommended are available to see you in the next two weeks so you can get started quickly. For support on-the-go, you can also meet via video or tap into digital care tools for an emotional boost anytime, anywhere.

No Cost to You

No copays, no claims to file. USC covers the cost of benefit-eligible care, up to 25 sessions, for USC PPO and USC Trojan Care EPO Plans enrolled employees and their dependents.



Getting Started is Easy



Easy Sign-Up

Create an account using our secure, confidential online tool.



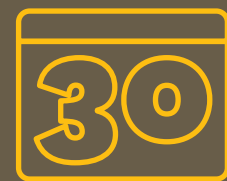
Coaching Anytime and Anywhere

Tell us about yourself and we'll offer options, personalized to you.



Convenient Options

Choose from therapy, coaching, or self-care apps.



Quick Scheduling

Schedule an appointment online or by calling the provider directly.

