



Your mental health matters

Your mental health and well-being is important at every stage of life. Whatever you're going through, Lyra can connect you to the right support quickly and easily.

Get started by visiting usc.lyrahealth.com, emailing care@lyrahealth.com, or calling 844-495-7094.



Easy sign-up

Create an account using Lyra's secure and confidential online website or app.

The right care at the right time

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



Convenient options

Choose from therapy, coaching, or digital self-care resources.

Quick scheduling

Schedule an appointment online or by calling the provider directly.



What's included:

Short-term, evidence-based care

Lyra provides care from licensed clinical therapists and mental health coaches whose specific therapy methods are proven effective at relieving symptoms within a short period of time.

Access to available providers and digital care tools

In addition to vetting all Lyra providers for quality and expertise, we also check their availability. Recommended providers are available to see you in as little as two days. For support on-the-go, you can also meet via video or tap into digital care tools for an emotional boost anytime, anywhere.

Benefit

USC covers the cost of benefit-eligible care, up to 25 sessions annually, for USC Trojan Care EPO and USC PPO Plan enrolled employees and their dependents. After the 25 sessions or depending on the service provided, your medical plan's mental health office visit copay will apply.

