

lyric

Virtual Behavioral Health

Therapy from the privacy of your home or office

Whether it's stress, anxiety, depression, or sudden loss, we can help. Speak with a licensed therapist anytime from anywhere.

Our suite of behavioral health services includes

Virtual Counseling: Consult with a Master-level Therapist/Counselor. The amount of counseling sessions will be clinically appropriate based on the issue.

- Substance Abuse
- Depression
- Death of a Loved One
- Relationship Issues
- Stress and Anxiety
- Parenting Issues

Virtual Psychologist: Speak with a licensed Psychologist for one-to-one session(s) to assess your symptoms and evaluate your medical, psychological, and family history to determine a productive treatment plan.

- Depression
- Addiction
- Stress Management
- Life Changes
- Grief and Loss
- Relationship

Virtual Psychiatrist: Connect with a U.S. based, board-certified Psychiatrist who can diagnose, treat and prescribe medications for a range of mental health disorders, as necessary

- Anxiety
- Depression
- Trauma & PTSD
- Panic Disorders
- Bipolar Disorder
- Addictive Behaviors



“Research suggests almost 60 percent of people who have depression don’t seek professional support, in part due to the stigma of depression.”

Choose from a variety of mental health therapists and psychiatrists with different backgrounds and specialties, available when you are.

- ✓ **Convenient:** Work it into your day - No travel time
- ✓ **Reduced Stigma:** Lyric is private and confidential, which reduces the stigma associated with seeking help.
- ✓ **Bilingual:** Speak with a behavioral health professional in English or Spanish.

Licensed healthcare providers provide clinical services through medical practices affiliated with Lyric and other network providers. *Additional or different telehealth requirements may be applicable in certain states; see www.getlyric.com for full terms and conditions. THIS PLAN IS NOT INSURANCE and is not intended to replace health insurance.

For additional questions please
contact your health benefits broker



In Partnership with: