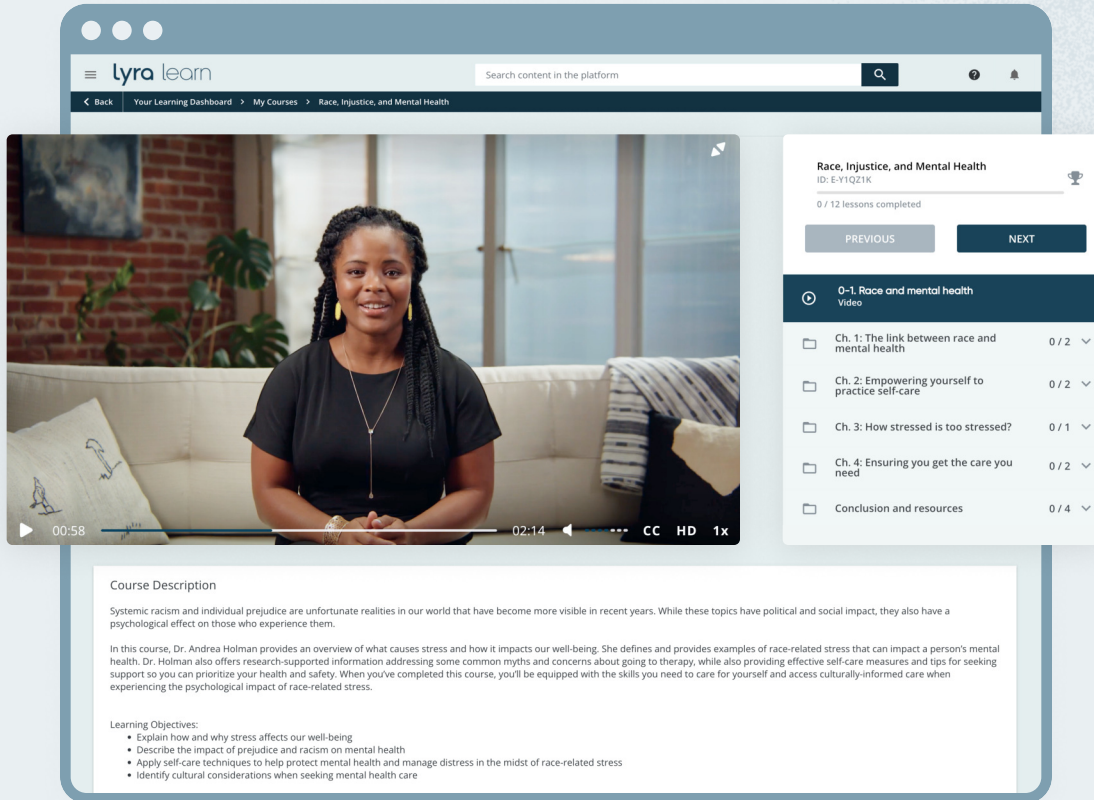


Lyra Learn

Build strategies to help improve your well-being at work and home with Lyra Learn, an eLearning platform created by Lyra’s team of mental health experts.



On-Demand Courses

Explore unlimited on-demand courses taught by Lyra mental health professionals. Each curated course has 5-8 chapters that include bite-sized videos, knowledge checks, and resources to allow you to learn at your own pace. Topics include:

Getting better sleep
Managing your stress

Race, injustice and mental health
Parenting in the real world

Minding your mental health
Soaring past setbacks



Gatherings

Engage in Gatherings—virtual listening and discussion sessions on thought-provoking topics related to mental health, current events, diversity, equity, inclusion, and belonging. Each Gathering is a supportive space led by a clinical topic expert. Attendance is limited to ensure an intimate, small-group experience.

To get started, visit learn.lyrahealth.com and enter your customer code: **#amesconst138**

