

lyra



No cost, No referral needed

Mental Health Made Easy

Confidential care from diverse Lyra Health providers, so you can feel better faster.

UC SHIP members (18 years and older) have access to unlimited mental health care support with Lyra.

Find the right care, right away

- ✓ Fast access to a coach or therapist
- ✓ Find providers that make you feel comfortable
- ✓ 24/7 appointments and care access

Learn more at myucship.lyrahealth.com
care@lyrahealth.com | (877) 214-3767

Lyra Health, Inc. works in partnership with Lyra Clinical Associates P.C. and other contracted partners to be your Lyra care team and deliver clinical services. For care exclusions, please see the Lyra FAQ.



Essentials

Tap into self-led wellness tools anytime, anywhere.



Mental health coaching

Get to the root of your challenges with care from a mental health coach via video or live messaging.



In-person & video therapy

Meet with a therapist for diagnosis and treatment of mental health conditions like depression, addiction, self harm and more.



Medication Management

Consult with a specialized physician on mental health medications.