

PROVIDER DIVERSITY

Meet your Lyra provider team

Lyra works with a diverse set of expert, caring providers who are dedicated to helping you meet your mental health goals.

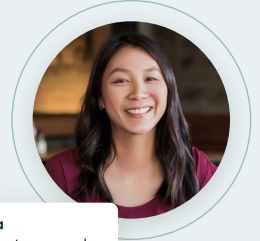
Desiree
Focuses on cultural awareness and caring for underrepresented minorities



Mario
Focuses on social anxiety, panic disorders, and gender dysphoria



Melissa
Speaks English and Cantonese, and specializes in trauma and substance use



You're in great hands with Lyra providers



Best-in-class network

We are selective in choosing our therapists. Only a select few of the providers that apply are invited to join Lyra. Because we only work with providers who practice evidence-based techniques, you can trust the care you're getting will help you feel better, faster.



Range of specialities

The Lyra provider team has deep experience across a diverse range of specialities, including providers who specialize in adults, children/adolescents, and couples, as well as suicidality, substance use specialists, and experts in caring for underrepresented minorities.



Diverse care and needs

We've partnered with a Diversity, Equity & Inclusion expert to make sure our provider network reflects the diversity and preferences of our members. 40% of our network of therapists identify as Black, Indigenous, and/or People of Color.

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I felt a connection with my provider within the first few minutes of our first session.

– Lyra client

How can I continue with my current provider?

If you are currently seeing a provider and are interested in learning if your sessions could be covered under the Lyra benefit, you can invite your provider to apply to join Lyra at <https://www.lyrahealth.com/apply-now>. If your provider chooses to apply, Lyra will evaluate their approach to short-term, evidence-based therapy and see if they meet other criteria to become a Lyra provider.