

lyra

Lyra is for everyone

Compassionate & confidential mental health support



Parent & caregiver stress



Anxiety & depression



Work stress & burnout



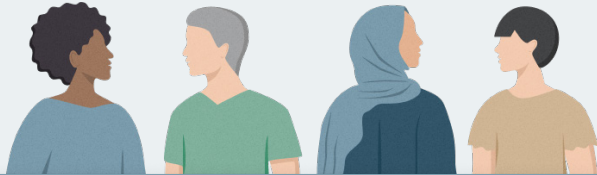
Anger management



Alcohol use



Relationship challenges



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Meet our recommendation...

Azmeena — a top tier Lyra therapist. She specializes in working with adult anxiety and panic attacks.

[See schedule](#)

Hi, I'm Azmeena

I'll help you write a new narrative for your life. I've been exposed to much diversity. I'll use all of my experiences to help you draw from your own to create a new, healthier narrative. I'm an advocate for outcomes and....

MY SPECIALIZATIONS INCLUDE
Academic concerns, Anxiety, Depression, Career Issues, Weight Loss, Stress, Life Transitions, Life Purpose, Workplace Issues, Bipolar disorder...

Exclusive content and exercises • Secure messaging • Video sessions

APPOINTMENT AVAILABILITY

مornings 10 spots	اAfternoons 14 spots	عEvenings 10 spots	وWeekends 4 spots
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[See full profile](#)



Mental health coaching



Therapy



Digital tools and lessons

Sign up at crownccastle.lyrahealth.com or call (844) 903-3658

lyra

Top coaches and therapists matched to you

Lyra offers therapy, coaching programs, and digital tools for you and your eligible dependents so that you can feel better, faster.

Whether you, your spouse, or child are feeling anxious, stressed, or overwhelmed, Lyra can help.

- ✓ Short-term care that's proven to work
- ✓ Easy online sign-up and scheduling
- ✓ Meet in-person and/or via live video
- ✓ Feel better in just a few months

Get started at crowncastle.lyrahealth.com or call (844) 903-3658