

Lyra

Change Your Relationship With Alcohol

Lyra is here to support you every step of the way. Whether you want to drink less or stop drinking entirely, Lyra's confidential mental health care will help you build healthier behavior and transform your relationships.



Gain a better understanding of your relationship with alcohol and learn skills to manage your drinking.



Personalized care based on your needs and goals



Virtual support from the comfort and privacy of your own home

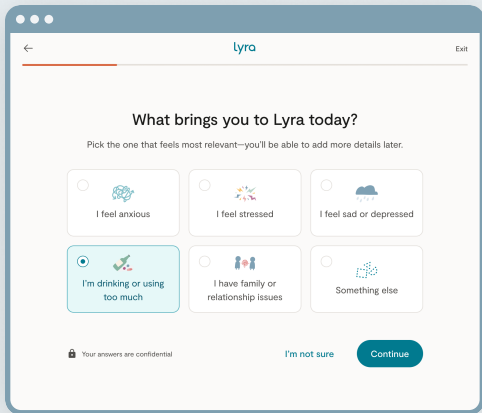


Flexible options that fit your schedule

Help is available. Get started today.

care.lyrahealth.com

Questions? Lyra's Care Navigator Team is here to help.
care@lyrahealth.com | (877) 505-7147 | Live chat



Find confidential care in three easy steps:

- 1 Create a free account online or call the Care Navigator Team
- 2 Select “I’m drinking too much” to find a provider who specializes in improving relationships with alcohol
- 3 Meet with your provider to begin your journey to feeling better

How to tell if your drinking is impacting your life:

- You drink more than intended
- You have strong cravings for alcohol
- You reduce/give up social, work, or fun activities because of alcohol
- Your alcohol use has affected obligations at work, school, or home
- You continue to use despite physical or psychological issues
- You need more alcohol to get the same effect
- If you stop drinking, you feel uncomfortable or unwell



If a friend or family member is struggling, you might start a conversation by saying...

“

I have been concerned about your alcohol use. Has that concern ever come up for you?

Start fresh and reach out to Lyra today.

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