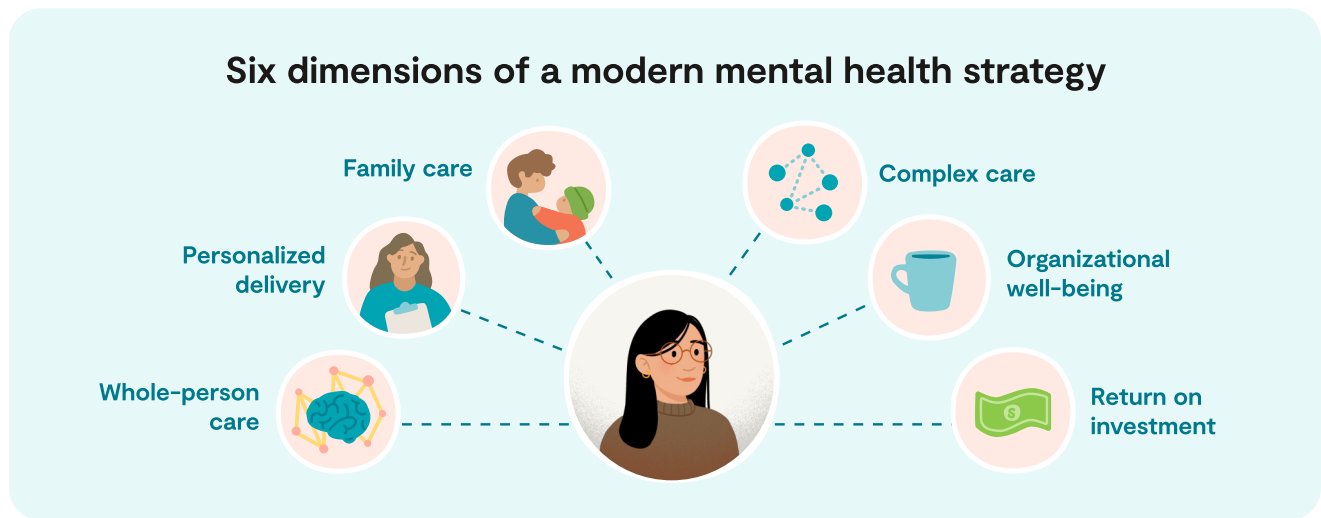


Future-Proof Your Global Mental Health Care Strategy

Six essential dimensions of a modern mental health program

To support employees worldwide and protect bottom lines, benefits leaders are working today to build the future-proof care programs of tomorrow. Lyra is here to help. Here are six key dimensions of a modern mental health strategy.



Dimension 1: Whole-person care

Benefits leaders have long known that health doesn't exist in silos. Physical health—along with factors such as cultural context, financial well-being, and social care—is closely tied to mental health. As a result, high-quality mental health care serves as an efficiency lever and value multiplier for all benefits. Bottom line: Mental health is health.

With a holistic approach to care, employees get support for underlying needs and can fully engage in their jobs and lives. Employers benefit through lower health care costs, increased productivity, and decreased disability costs.

HOW LYRA CAN HELP

Integrated benefits ecosystem

Connect the dots between disparate point solutions to make personalized whole-person benefit recommendations to each member

Lyra Social Care

Proactively provide personalized resources that support unmet social needs and improve social determinants of health



Dimension 2: Personalized care delivery

Establishing a relationship based on understanding, safety, and comfort is called “therapeutic alliance,” and it’s a crucial factor in successful treatment. A large part of therapeutic alliance comes from finding a provider who understands the person’s identity, culture, and experiences so they can focus on their recovery rather than explaining themselves and their background.

HOW LYRA CAN HELP

Culturally responsive care

Make care more accessible and effective for LGBTQIA+, Black, Indigenous, and people of color (BIPOC), and other underrepresented populations

Advanced provider matching

Leverage AI-powered matching to quickly and accurately match members to our handpicked, diverse network of therapists



Dimension 3: Family care

The mental health of parents and their children are inextricably linked. Despite surging rates of mental health concerns, 80% of kids aren’t receiving the care they need. The mandate to improve care for the entire family—parents, children, and caregivers—is increasingly urgent. To succeed, the journey must be streamlined for parents and specially designed to engage kids and teens.

HOW LYRA CAN HELP

Lyra Care for Teens

Deliver an immersive, evidence-based therapy experience that was co-created with teens and purpose-built for a digital-native generation

Parent coaching

Offer trustworthy, expert-guided parenting advice to tackle challenges like using technology, fostering independence, and managing arguments



Dimension 4: Complex care

Nearly 1 in 20 adults in the U.S. have a serious mental health diagnosis such as suicidality or substance use disorder, and the human and economic costs are profound. Lasting recovery is achievable and hinges on a comprehensive strategy, including priority access to specialty care, end-to-end support, and timely step-down care.

HOW LYRA CAN HELP

Lyra Complex Care

Extend your mental health offering to support high-acuity needs with fast, coordinated access to specialized care from intake through recovery



Dimension 5: Organizational well-being

People spend a lot of time at work, and their experiences there have a big impact on their well-being. Creating and sustaining a high-performing, mentally healthy culture requires a strategy that engages every employee, from company executives and local people leaders to employee resource group (ERG) participants and individual culture carriers. Leaders are in an ideal position to help employees prioritize mental health—not only by offering individual care benefits, but also by enhancing the work experience and design of work itself.

HOW LYRA CAN HELP

Workforce strategy

Receive strategic guidance and tailored resources from highly credentialed mental health and organizational development experts with backgrounds in instructional design, DEIB, and corporate consulting

Learning and development

Increase engagement and retention by making mental wellness a priority at every level through eLearning, small-group discussions, and customized workshops



Dimension 6: Return on investment

Global employers today are saddled with rising costs linked to the lack of accessible, effective mental health care through national health systems, health care plans, and EAPs. The financial burden of lost productivity just among workers with major depression is estimated to cost the global economy up to \$1 trillion, including \$51 billion annually in the U.S. The only way to deliver real, sustained value in health care is to efficiently deliver high-quality outcomes.

HOW LYRA CAN HELP

Partner with Lyra to improve your bottom line through better outcomes, reduced health spending, and increased productivity. Independent analysis proves that Lyra consistently delivers the highest ROI and sustained savings in mental health care.

- 3:1 third-party-validated return on investment
- 26% sustained savings over four years
- 54% lower health care spend for children and teens

Lyra checks all the boxes

- ✓ Family care
- ✓ Personalized care delivery
- ✓ Complex care
- ✓ Organizational well-being
- ✓ Whole-person care
- ✓ Globally consistent experience
- ✓ Return on investment

[Request a free consultation](#)