lyra

Available for teens, ages 13-17

Lyra's Care for Teens



Removing barriers to high-quality mental health care for your teen

If you've tried to find a therapist for your teen through your health plan or even by paying high prices out-of-pocket, you may have experienced months-long wait times or providers who aren't accepting new patients.

Lyra makes the process of finding a therapist for your teen as fast, easy, and stress-free as possible.

Fast access to care
View available therapists in minutes, easily schedule an in-person or virtual appointment, and meet with them in days.

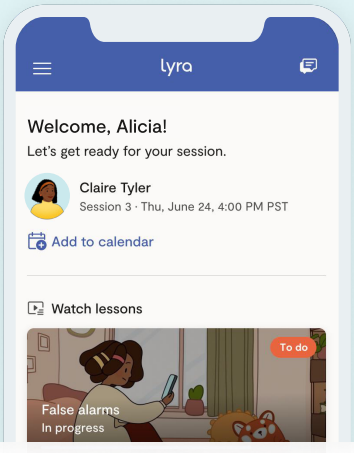
The largest child specialist network
Our high-quality network of diverse therapists includes more than 6,500 licensed child specialists.

Flexible scheduling
Parents and teens can register on the Lyra platform and find flexible booking options, including evenings and weekends.

Innovative digital content
Many therapists offer age-appropriate digital exercises and videos to reinforce learnings.

Support for all ages
From teens to toddlers, Lyra provides innovative, evidence-based treatment for the whole family.

Integrated family care
Knowing your child is struggling can be stressful. Many parents and caregivers find that getting care for themselves helps.



Find care for your teen

care.lyrahealth.com

(877) 505-7147

Your teen might benefit from therapy if you've noticed...

- Unusual emotional outbursts
- Constant defiance
- Under-eating or unexplained weight loss
- Withdrawal from enjoyable activities and social relationships
- Frequent and uncontrollable worries
- Falling behind in school

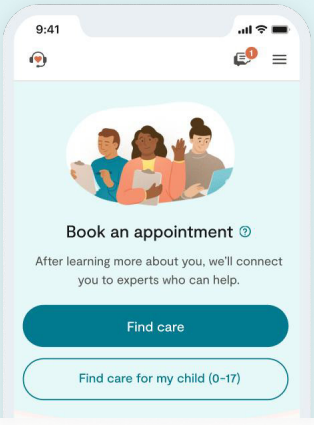
If your child is struggling, it's helpful to name the specific issue they are struggling with. You might start a conversation by saying...



"It sounds like you've been having a tougher time with _____. Have you noticed that too?"

"How would you feel about getting some support to learn tools on how to better manage _____?"

"Just like you have a coach/tutor/etc. for _____, it sounds like it might be helpful for someone to help with _____."



Get started

Your teen can create an account on their own, or you can book an appointment for them.

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