

Lyra

WORKSHOP

HANDOUT

Minding Your Mental Health: When To Get Support And What To Expect

Struggling is common.

Approximately 1 in 5 adults will have a behavioral health problem like depression or anxiety each year. Many others will struggle with common stressors like relationship difficulties, the loss of a loved one, or financial concerns. But struggle is a subjective experience. Sources of struggle look different from person to person, so it's important to withhold judgment, of ourselves and others, and respond to struggle with compassion.



When to consider Lyra

When your emotions or behavior have strayed from your “baseline,” your usual coping strategies are not working, or you are having trouble making life changes on your own, you might consider professional support from Lyra. There are a variety of signs you may benefit from support, including:



Cognitive and Emotional:

Decreased motivation; difficulty concentrating; prolonged stress, anxiety or depression; persistent irritability or anger; feeling hopeless.



Behavioral:

Withdrawal from relationships; increased use of alcohol or other substances; decline in work performance.



Life Events:

Transitions (e.g., welcoming a child, retirement); crises (e.g., death of a loved one); organizational changes



Relational:

Relationship difficulties; family problems



Concerns/Questions:

Gender identity questions; sexual orientation questions

What to expect from therapy.

Lyra's therapists are vetted to ensure that they provide evidence-based therapies. These therapies have been rigorously researched and have been shown to be effective. When working with a Lyra therapist, you can expect to be an active participant in a care plan that's tailored to your needs. Here's what that looks like:

Goal-directed.

Effective support starts with identifying specific, measurable goals. To identify actionable goals, ask yourself: What would my life look like if I was feeling better? What activities would I be engaged in? How would my interactions with loved ones change?

Collaborative.

Support should be a joint effort, not a prescriptive experience. You and your therapist will work together to develop a care plan that helps you reach your goals and accounts for your unique background and personal values.

Skills-based.

Your therapist will teach you skills to help you identify and challenge unhelpful patterns of thinking and behaving. You'll likely receive "homework" that encourages you to implement these strategies outside of your meetings, to ensure they translate to your actual everyday life.

Feedback-informed.

Along the way, you'll be asked to update your therapist on your progress and functioning via questionnaires. Your therapist will use the data from these measures to adjust your care plan accordingly.

Where to begin?

It only takes a few minutes to receive customized care recommendations and to get connected to a provider in our network who's been vetted for quality and is available. Reach out at care.lyrahealth.com.

Please use this space to take notes: