



Mental Health Resources



Your Lyra Health benefits begin today!

- Personalized 100% confidential mental health and well-being coaching, therapy, and 24/7 crisis support via phone, website, and mobile app.
- FREE to all JHK employees, spouses/partners, and dependent family members in their household. Children are covered up to age 26!

What your new Lyra Health benefits mean to you and your family:

- 24/7 urgent crisis support
- Each person can receive:
 - 6 – Coaching sessions each year
 - 6 – Therapy sessions each year
- All coaching & therapy support is confidential

Access your Lyra Health benefits from anywhere:

- Website: jhkelly.lyrahealth.com
- By phone: 1-833-872-0203
- Email: care@lyrahealth.com
- Lyra Health mobile app:

Get started with Lyra today

Lyra 101 Video:

Log in to Lyra Health

Email

Password

Log in

or

Continue with Google

Continue with Apple

Reset password

Sign up

Sign up with Lyra:



← Download the Lyra Health app

