

Everyday mental health and well-being support, personalized to you

The right support can help you face daily challenges head-on, helping you build resilience, stay grounded, and navigate life with confidence. Whether you're looking for ways to reduce stress, recharge your batteries, or find better balance in your daily life, Lyra can connect you with personalized solutions that work for you.



Care tailored to you

Find support for your unique needs and goals, whether you're looking to improve sleep, manage stress, or boost your performance at work.



Self-care resources to feel better, faster

Access meditations, breathing exercises, articles, and live events designed to guide you through challenges and provide immediate relief.



Fast access to top providers

Receive specialized support for kids and teens, parenting, and couples, so every family member can build skills and feel their best.



Support on-the-go

Lyra will match you with the right care program for your needs and a provider who understands your unique background and identity.



Better well-being for the whole family

Find care for eligible dependents in your household, including children, teens, and spouses or partners.



We're here for you 24/7

Speak with a Lyra Care Navigator to find the right provider and level of care, or to talk through questions about your Lyra benefit.

Your Pixar-sponsored Lyra benefit includes 8 coaching and 8 therapy sessions for you and each of your eligible dependents—at no cost to you.

Get started with care in just a few minutes—activate your benefit today.

Download the app



Go to pixar.lyrahealth.com to register, and locate your local in-country phone number to connect with a member of Lyra's Care Navigator Team.

