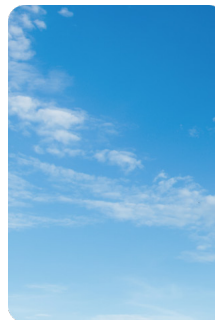




Healthier mind, stronger you —*with Lyra*

Mental health care helps in life's toughest moments—and in the everyday ones, too. Regularly investing in your well-being can help you feel more balanced, confident, and ready for whatever comes next.



Lyra makes it easy to start care and stick with it, helping you feel stronger, steadier, and better every day.



8 no-cost sessions

Get confidential care from a coach or therapist matched to your needs and preferences.



Care options that fit your schedule

Talk to your provider virtually, in person, or via live chat—even on nights and weekends.



Additional services

Free, confidential guidance on work-life needs—like legal services, identity theft, dependent care, and financial matters.



Support for the whole family

Find specialized care for kids, teens, parents, and couples, so the whole family can feel stronger together.



On-demand resources

Access hundreds of self-help resources, like meditations, videos, and courses, anytime, anywhere.



Download the app



You and your eligible dependents each get 8 free therapy or mental health coaching sessions per year, as well as a library of on-demand resources. Your confidential sessions are paid for by Heidelberg Materials. There is no cost to you.

Get started with care in just a few minutes—sign up today.

Visit: hmnam.lyrahealth.com

Call: Lyra's Care Navigator Team at (877) 238-8060