Healthier Mind, Stronger You

We all need a little help from time to time. Whether you're feeling anxious or depressed, experiencing grief, navigating life changes, looking to improve your work or personal relationship, or just want to feel better emotionally – GM's mental health assistance program powered by Lyra has you and your family members* covered.

Your GM mental health assistance program is available to all U.S. salaried employees and their dependents, including spouse/domestic partners and children.

12 free sessions

Access high-quality and confidential mental health care—including therapy or coaching sessions to support you and the whole family.

On-demand resources

Access a library of self-help resources—like meditations, videos, and courses—for support in your personal life and for work.

Support for the whole family

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

Individualized care

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

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

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

Download the app

Visit: GM.lyrahealth.com
Call: Lyra's Care Navigator Team at (833) 824-1904

*Lyra Health services are available to all U.S. active salaried GM employees and their spouses/domestic partners, and child dependents (until age 26). Enrollment in the U.S. Salaried Medical Plan is not required.

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OFFERED BY LYRA PARTNERS

Work-life Services

Sometimes, life can throw you a curveball. Whether you're navigating challenges or staying on top of your busy life, GM's mental health assistance program powered by Lyra connects you with experts who can resolve emergencies, support your mental health, and guide you every step of the way.

Support Services Include:

Legal Consultations

Partner: CLC

- 30 minute free consultation per issue with an attorney or mediator and a 25% discount on ongoing services
- 24/7 emergency services
- Easy-to-use legal forms, documentation preparation and online legal library

Identity Theft Support

Partner: CLC

- 60 min free consultation with a Fraud Resolution Specialist
- Assists members with restoring their identity and good credit
- Free ID theft emergency response kit

Child, Elder and Pet Care

Partner: EmployeeCare

- Access code: Lyra-GM
- One free consultation for resources and referrals for your childcare, eldercare, and pet care needs
- 24/7 access to services online or by phone
- Online library of educational resources

Financial Consultations

Partner: My Secure Advantage

- 30 minute free consultation with experienced financial counselor per issue
- 30 minute free consultation on income tax planning, and a 25% discount on the CPA's normal fee for document preparation
- Online financial library

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Get started at GM.lyrahealth.com
care@lyrahealth.com | (833) 824-1904

Lyra Health, Inc. works in partnership with Lyra Clinical Associates P.C. and other contracted partners. For more information, please contact Lyra's Care Navigator Team.