



# Virtual Behavioral Health

Therapy from the privacy of your home or office

Whether it's stress, anxiety, depression, or sudden loss, we can help. Speak with a licensed therapist anytime from anywhere.



## Our suite of mental health services includes

**Virtual Counseling:** Consult with a Master-level Therapist/ Counselor. The amount of counseling sessions will be clinically appropriate based on the issue.

- Substance Abuse
- Depression
- Death of a Loved One
- Relationship Issues
- Stress and Anxiety
- Parenting Issues

**Virtual Psychologist:** Speak with a licensed Psychologist for one-to-one session(s) to assess your symptoms and evaluate your medical, psychological, and family history to determine a productive treatment plan.

- Depression
- Addiction
- Stress Management
- Life Changes
- Grief and Loss
- Relationship

**Virtual Psychiatrist:** Connect with a U.S. based, board-certified Psychiatrist who can diagnose, treat and prescribe medications for a range of mental health disorders, as necessary.

- Anxiety
- Depression
- Trauma & PTSD
- Panic Disorders
- Bipolar Disorder
- Addictive Behaviors

“Only 57% of employees who report moderate depression and 40% of those who report severe depression receive treatment to control depression symptoms.”

- ✓ **The Right CARE at the Right Time**  
For the cost of lunch, an employer can provide an employee and their family access to a suite of mental health services
- ✓ **Boost Productivity:** Lower working parents' stress and free up their time
- ✓ **Improve Retention:** Give your employees support for their top priority, their kids
- ✓ **We Make it Easy For You:** Implement seamlessly into your vendor ecosystem

Licensed healthcare providers provide clinical services through medical practices affiliated with Lyric and other network providers. Additional or different telehealth requirements may be applicable in certain states; see [www.getlyric.com](http://www.getlyric.com) for full terms and conditions.