

Lyra *Complex Care*

When mental health needs become more complex, it can be hard to know what to do next. If you or a loved one is managing a recent crisis, a condition that isn't improving with therapy, or a need for a higher level of care, you don't have to navigate it alone.



We support individuals facing:

- ✓ Symptoms that aren't improving with therapy or medication alone
- ✓ A recent crisis or thoughts of self-harm
- ✓ A current or past stay in a hospital, residential program, or detox facility
- ✓ Challenges such as severe depression or anxiety, substance use, psychotic disorders, eating disorders, PTSD and trauma, or personality disorders



Your care specialist will:

- ✓ Understand your history, needs, and goals to help you find the right level of care
- ✓ Explain what to expect before, during, and after treatment
- ✓ Check availability and help coordinate intake at a Lyra Facility Partner or another in-network option
- ✓ Work with your care team, including psychiatrists, therapists, and facility staff
- ✓ Help you and your family plan for your return home and ensure a smooth transition to lower levels of care



How we help

Lyra Complex Care connects you to specialized, in-network treatment options that go beyond standard therapy or medication. Whether you need a residential program, in-person care, or virtual support from home, we help you understand your options and find a path forward.



Personalized support every step of the way

Lyra's Complex Care Specialists serve as your single point of contact, guiding you through the entire treatment journey.



Care you can trust

Our specialists connect you to 1,100+ accredited facilities across all 50 states. Every partner is carefully vetted for clinical quality and evidence-based care.

Email or call Lyra:
care@lyrahealth.com | (877) 849-1353