

# Whatever's happening in your life, we can help

From looking after your mental health to managing your relationships, Lyra Wellbeing is here for you.

Our confidential and caring professionals are on hand 24/7, 365 days a year, to support and guide you when you need it most.



Family members



Wellbeing



Burnout and stress



Work



Financial and legal worries



Substance use

No matter the reason, Lyra Wellbeing is always

## Free

There's no fee for any services provided by Lyra Wellbeing, from counselling to life coaching, and if you're referred for any outside services, you will be advised of the cost beforehand.

## Confidential

Everything you share is 100% confidential, unless we believe your safety or the safety of another individual is at risk. When you contact the service, you don't even have to give your name – just tell the company that you work for.

## There when you need it

At any time of the day or night, you or your family can speak to counselors, using your local numbers or Live Chat in the Lyra Wellbeing Hub app. A consultant will ask you a few questions to get a better understanding of the kind of support you need and help to guide you towards the right answers for you.

Hub

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App Store

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Get in touch online: <https://app.lyrawellbeing.health>

Your company code: **Assurant**



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