

Healthier Mind, Stronger You —With Lyra

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 relationships, or just want to feel better emotionally—Lyra's got you and your eligible family members covered.



Therapy and coaching options

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.



Lyra Renew

Lyra can help you change your relationship with alcohol—whether you want to drink less, or stop drinking entirely.

Coaching through Lyra

All SpaceX employees (regular, temporary, and interns) who are normally scheduled to work at least 20 hours per week, their legally married spouse, and their dependent children (ages 18-25) are eligible for up to 7 coaching sessions, per person per year, at no cost.

Therapy and Medication Management through Lyra

Employees and their dependents (up to age 26) enrolled in the SpaceX Medical EPO, PPO, Guide PPO, or HDHP have access to therapy and medication management support through Lyra. These sessions, whether in-person or via video, are subject to cost-sharing applicable for in-network, outpatient mental health office visits, as specified under your SpaceX medical plan.

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

Download the app



Visit: spacex.lyrahealth.com
Call: Lyra's Care Navigator Team
 at (855) 240-0049

