

Lyra

May Is
Mental Health
Awareness Month

Moments That Matter

alight

Mental Health Awareness Month

is a chance to pause and notice the everyday moments that shape how people feel—at work and at home.

This toolkit brings together insights from [Lyra's State of Workforce Mental Health Report](#) with practical, ready-to-use resources to help you support your people. The themes below reflect where support is needed most right now and where earlier, more timely care can make a difference. Visit our [mental health awareness hub](#) for additional resources.



Featured webinar

The Cost of "Good Enough" Care: 3 Hidden Signs Your Mental Health Strategy Is Driving Spend

If your mental health strategy isn't improving outcomes, it may be driving costs. Join this webinar to uncover three warning signs and see how "low-cost" care, ghost networks, and ineffective pathways fuel higher spend—and what it takes to turn care into a true performance driver. **Secure your spot early**—the first 25 registrants will receive an exclusive wellness gift and all attendees will receive a wellness surprise.

 Thursday, May 28  11 a.m. PT | 2 p.m. ET

SPEAKERS



Jennifer Lee, PhD
Senior Director,
Clinical Research,
Lyra Health



Justine Mitsock
VP of Employer Solutions,
Lyra Health

[Register now](#)

Expert webinars

On-demand sessions on topics you care about



ON DEMAND

HR's 5-Point Playbook for What's Next:
Inside the 2026 State of Workforce
Mental Health Report

[Watch now](#)



ON DEMAND

How to Transform Your Leave of Absence
Strategy Into a Culture of Care

[Watch now](#)



ON DEMAND

Psychological Safety, Belonging, and
the Power of Hope

[Watch now](#)

Survival mode is becoming the norm

WHAT WE'RE SEEING

1 in 3

employees say they're merely surviving, with little time or capacity to recover.

WHAT TO DO NOW

Act earlier. Equip managers to spot strain and intervene before performance and well-being decline.



ARTICLE

When Survival Mode Becomes the Way We Work

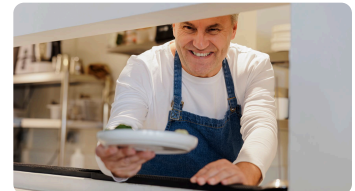
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GUIDE

A Manager's Guide to Preventing Employee Burnout

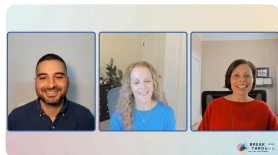
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GUIDE

Thriving Under Pressure: 6 Ways to Build Workforce Resilience

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BREAKTHROUGH REPLAY

Building Resilience: Do Your Employees Feel Mentally Strong At Work?

 Watch now

Mental health support often arrives too late

WHAT WE'RE SEEING

Rising complex needs and longer leaves point to missed opportunities for early care, often leading to more intensive, costly support later.

WHAT TO DO NOW

Remove friction. Make it fast and simple for employees to access the right care at the first sign of need.



CHECKLIST

Is Your Mental Health Benefit Designed for Complex Needs?

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GUIDE

Manager's Guide to Helping Employees with Complex Mental Health Needs

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OVERVIEW

Life-Changing Care for Complex Mental Health Needs

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WEBINAR REPLAY

Proactive Mental Health Support: Reducing the Need for Extended Leave

 Watch now

Caregiving realities are reshaping what employees need

WHAT WE'RE SEEING

More employees are balancing work with caregiving responsibilities, making support increasingly essential.

WHAT TO DO NOW

Ensure benefits include family and specialty care so employees can get timely support that meets their real-world needs.



GUIDE

Squeezed From All Sides: How to Support Employees in the Sandwich Generation

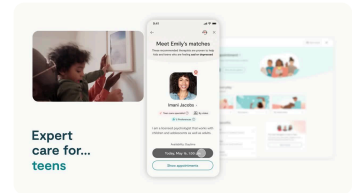
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GUIDE

Supporting Neurodiversity in the Workplace

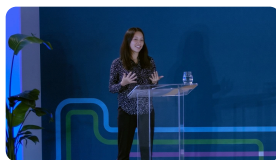
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VIDEO

How Lyra Supports Families at Every Age

 Watch now



BREAKTHROUGH REPLAY

Preventing Parental Burnout: The ROI of Support for Children's Mental Health

 Watch now

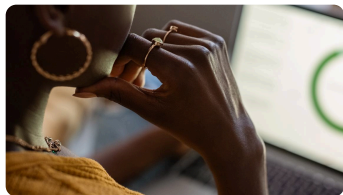
Quality determines outcomes and cost

WHAT WE'RE SEEING

Access alone isn't driving improvement. Outcomes and total cost depend on timely, high-quality care.

WHAT TO DO NOW

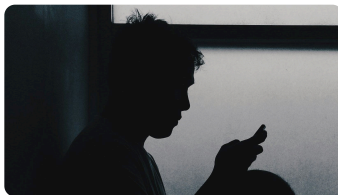
Shift from access alone to outcome-driven care that helps people recover faster and reduces downstream costs.



GUIDE

Mental Health Care Value Myths You Can't Ignore

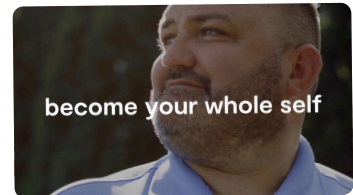
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GUIDE

The Hidden Cost of "Good Enough" Mental Health Care

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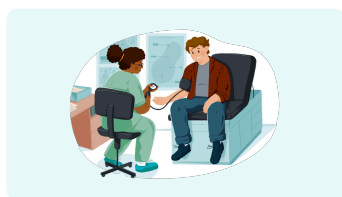
VIDEO

Value in Mental Health

 Watch now

Peek behind the curtain: An inside look at the member experience

Get an *exclusive* look at what Lyra members already have access to with Lyra's expert resource library. From early support and manager resources to family care, these tools are designed to help people feel supported every day.



ARTICLE

**Stress 101:
Causes, Symptoms,
and Coping**

 Read more



ARTICLE

**Taking the First Step:
When to Consider
Mental Health Care**

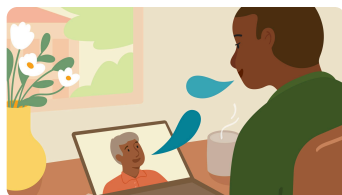
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ARTICLE

**Supporting Kids'
and Teens'
Mental Health**

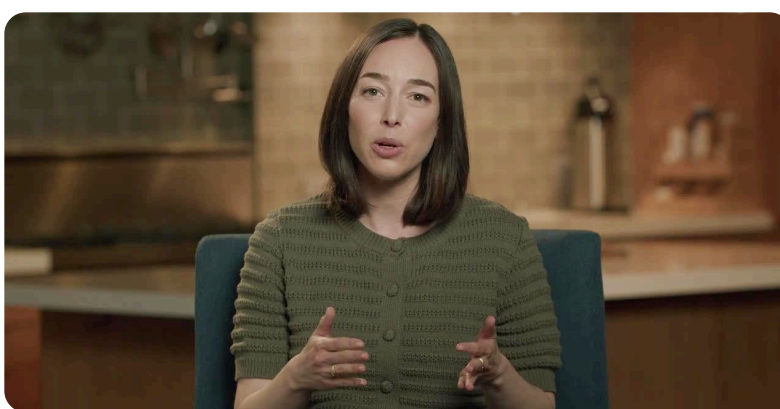
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ARTICLE

**What to Expect from
Mental Health Care:
First Session
and Beyond**

 Read more



VIDEO

Find Your Motivation

 Watch now

Share this with your network

Support your fellow benefits leaders by sharing Mental Health Awareness Month resources or an upcoming webinar with your network.

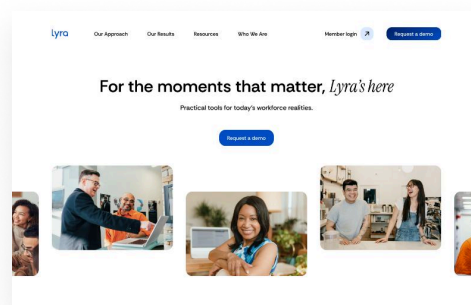
Post Option #1: Share Resources

Mental Health Awareness Month feels like a good time to pause and think about the everyday moments that shape how people are doing at work and at home.

This toolkit from Lyra Health pulls together insights from their 2026 State of Workforce Mental Health Report and some practical resources for my fellow HR and benefits leaders. Check it out here:

<https://www.lyrahealth.com/mental-health-month-2026>

#MentalHealthAwarenessMonth #HRCommunity
#WorkplaceWellbeing



Post Option #2: Promote the Webinar

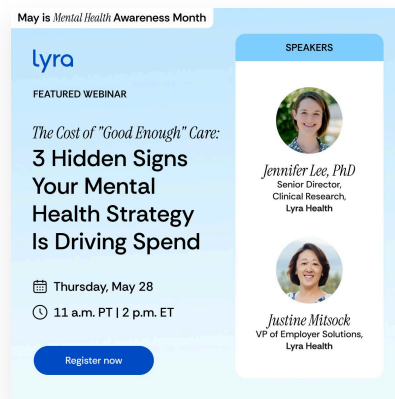
I'm excited to tune into this upcoming conversation hosted by Lyra Health for #MentalHealthAwarenessMonth!

Join me to learn how "low-cost" mental health benefits can drive higher spend, and how to spot when a strategy isn't working as intended.

Register here:

<https://www.lyrahealth.com/webinar/cost-containment/>

#HRLeaders #MentalWellbeing #EmployeeBenefits



About Lyra Health

Lyra Health helps leading companies improve access to effective, high-quality mental health care for their people and their families. With Lyra's innovative digital care platform and global provider network, members receive the best care and get better faster.

partners@lyrahealth.com | www.lyrahealth.com

