

Changing Lives and Businesses for Good

Every company faces its own unique challenges when it comes to creating a happy, healthy workplace. Luckily, Lyra Wellbeing offers a range of wellness solutions to give you and your teams top quality services, specifically to suit your needs

EAP services to suit your needs

Lyra Wellbeing provides a clinically appropriate number of counselling sessions for each issue, with unlimited cases per year, per employee and their close family members

Our services are available 24/7, 365 days a year.

1 Telephone Counselling Services

2 Structured/Scheduled Counselling

3 Virtual Wellness/Life Coaching

4 Self-help Services via Lyra Wellbeing Hub with access to Online Chat Counselling

5 Lifestyle Support Services

6 Managerial Support Services

The Hub

The Hub is the Lyra Wellbeing digital portal, available on mobile and desktop, to give employees and their families easy access to our services on the go.

- Discover confidential advice, guidance, and self-learning tools
- An extensive library of wellbeing and lifestyle content, including articles and videos from experts
- 24/7 access to expert support

Hub

lyra wellbeing
Formerly ICAS



Learning & Development

- Access a wide range of training sessions and materials that explore various aspects of workplace psychology and mental health
- Available via online webinars or onsite seminars
- Topics include mental wellbeing, employee and leadership development, resilience and stress management, and much more

Why choose Lyra Wellbeing?



Simplified contracting so that you can support employees quickly and easily



DIY to streamline implementation process



Regular marketing and promotional materials



Virtual account management



Data analytics and reporting

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For more information, please contact
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