



Empower Your Heart & Mind!

Your emotions can affect heart health.

For free and confidential counseling resources,
contact your local ESSP Representative

or

CDR: Hourly – Carelon Behavioral Health: 800-227-9622

EAP: Salaried – Lyra Health: 1-877-207-9822



Chronic stress & certain mental health conditions *can* raise blood pressure and increase heart disease risk

Boost your emotional and heart health by:

- Recognizing when you feel stress
- Making time for you
- Asking for help

[Centers for Disease Control and Prevention: About Heart Disease and Mental Health \(May 15, 2024\): cdc.gov. - Search](https://www.cdc.gov/heartdisease/mental_health.htm)

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Provided by




**SEE YOUR
LOCAL ESSP REP
OR CONTACT
THE HOURLY
CDR, CARELON, FOR
COUNSELING &
OTHER SUPPORT!**

Scan the QR code.



ESSP & Wellbeing (Hourly)

Support for better living

No problem is too big or too small. Reach out 24/7 for no-cost, confidential assistance. To take the first step, call or visit us online.

800-227-9622
carelonwellbeing.com/uawford



 carelon
Behavioral Health





For Hourly Employees

Support for better living

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**SEE YOUR
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EAP, LYRA, FOR
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Scan the QR code.



lyra



OVERVIEW

Lyra is for Everyone

Find confidential care from a diverse group of therapists and mental health coaches, unlimited access to self-care resources, and a library of tools to help you maintain your mental well-being. No matter what you're going through, Lyra is here to support you.



Guided self-care with a coach

Get a care plan crafted by your Lyra coach and learn new mental health strategies at your own pace.

In-person & video therapy

Meet with a therapist for diagnosis and treatment of mental health conditions like depression, PTSD, and more.

Work-life services

Receive expert advice to help you stay on top of your busy life, including legal, financial, identity theft, and dependent care services.

Mental health coaching

Get to the root of your challenges with effective care from a mental health coach via video or live messaging.

Essentials

Tap into self-led wellness tools anytime, anywhere.

“

I can't believe that genuine help was only a click away. I'm beyond grateful for Lyra.

— Lyra client

Learn more at lyrahealth.com/ford
care@lyrahealth.com | (877) 207-9822

