



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](#)

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Provided by
carelon.
Behavioral Health



**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



3 in-person or virtual counseling sessions per issue per year, available to you and your eligible family members.




For Hourly Employees

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



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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

