



AUTISM AWARENESS



April is Autism
Awareness Month

Understanding Autism -
Our differences can make us stronger.



On the rise...

- Autism in the U.S. was shown to be 1 in 150 in 2000.
- It has risen to 1 in 31 children as of 2022.
- The rate is higher in boys (4.66%) than girls (1.50%).

[Autism Data Visualization Tool](#) | [Autism Spectrum Disorder \(ASD\)](#) | [CDC](#)

Hourly:
 carelon.
Behavioral Health



Salaried:
 lyra





Learn more, support more

- Learn about autism
- Highlight unique strengths
- Be inclusive
- Talk openly

Understanding autism helps us see the world through different eyes.

Hourly:




Salaried:




**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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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