



What is Lyra Health?

- Lyra Health is a global provider of behavioral health services.

Who can access this service?

- UC SHIP insurance holders can access services provided by Lyra. If students have dual coverage (UC SHIP + another insurance), there may be additional steps required to ensure the services are covered. For questions regarding access, contact UCSB insurance staff at SHSinsurance@sa.ucsb.edu or the Lyra Care Navigator Team.

What services are available?

- Lyra Health offers self-guided wellness tools, coaching, therapy, and medication management. In-person services are also available. Language abilities and extended appointment times may be available.

Does this limit my access to care on campus?

- No! As a registered student, you have access to campus services. You can access counseling 24/7 by calling CAPS at (805) 893-4411.

How do I access Lyra?

- <https://myucship.lyrahealth.com> (you will need your insurance # to sign up). You can also access the care navigator team 24/7. 877-505-7147. care@lyrahealth.com



If a situation involves a threat to self or others, please contact emergency services or go to the nearest hospital.

