



Wellbeing

Coping with Anxiety

Feeling anxious lately? You are not alone!

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

Provided by:

lyra



Wellbeing

Understanding Anxiety

- It is often associated with feelings of worry or unease.
- It can bring physical symptoms (racing heartbeat or sleep troubles).
- It can take a real toll on your well being.
- It can come in many forms.

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Tips to cope with anxiety

- Do simple breathing exercises.
- Try meditation.
- Talk to a mental health provider.

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**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

Support for better living

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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