



CALIFORNIA SCHOOLS
VEBA

FREE OPTUM SUPPORT LINE

Available for ALL
Members of Community

24 HOURS,
7 DAYS A WEEK.

ANYONE CAN CALL 866-342-6892
TO SPEAK TO A PROFESSIONALLY
TRAINED MENTAL HEALTH EXPERT

VEBA members can access additional resources through the Optum EAP, including five free telephonic, virtual, or face-to-face visits with a therapist.

Learn more at www.liveandworkwell.com; access code: **VEBA**



VEBA EMOTIONAL WELL-BEING RESOURCES

Is all the news about coronavirus stressing you out? On top of worrying about your health, you are quarantined at home all day while juggling your family and job responsibilities.

Before anxiety takes over your life, check out resources available to you as a VEBA member. Remember that it's more important than ever to care for the whole you – *MIND, BODY AND SPIRIT.*



3 WAYS TO CONNECT WITH THE VEBA RESOURCE CENTER

1

FACEBOOK LIVE WITH DR. SONDOOZI

*Get Real-Time Support to Your
Challenges Every Tuesday &
Thursday at 12:30pm*

2

ONE-ON-ONE APPOINTMENT WITH A CARE NAVIGATOR

*Our holistic nurses help connect you
with the resources you need.*

*To schedule an appointment or class call 619-398-4220
or email vrcc@mcgregorinc.com*

3

LIVE CLASSES THROUGHOUT THE WEEK

*From yoga to cooking to meditation,
we'd love to have you join us!*

Visit our VRC channels for Well-Being Resources and Updates



RECOMMENDED SUPPORT APPS

Using a mindfulness or meditation app on your phone can be a great way to reduce your stress and anxiety during the day. Here are a few of our favorites:



My Strength
*Free for Kaiser
Members Only*

SUPPORT RESOURCES THROUGH THE HEALTH PLANS

All VEBA health plans included comprehensive mental health resources, to meet your needs, including anxiety, stress and depression under crisis.

KAISER

Call **800-900-3277** or
visit kp.org/mentalhealth

Find resources at
kp.org/selfcare



UHC/UMR CARE THROUGH OPTUM

Call the number on
your ID card or
call Optum EAP
at **888-625-4809**

CIGNA

Call **866-912-1687**
www.cigna.com/coronavirus/

SIMNSA

800-424-4652 (U.S.) or
664-231-4747 (Tijuana)
Covid-19 website at
simnsaprevencion.com/

COMMUNITY RESOURCES

Suicide Prevention Lifeline
800-273-8255 or text 838255

Domestic Violence Hotline
800-799-SAFE (7233) or text LOVEIS to 22522

Substance Abuse Hotline
800-662-HELP (4357)

CA Youth Crisis Line
800-843-5200 (call or text)



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