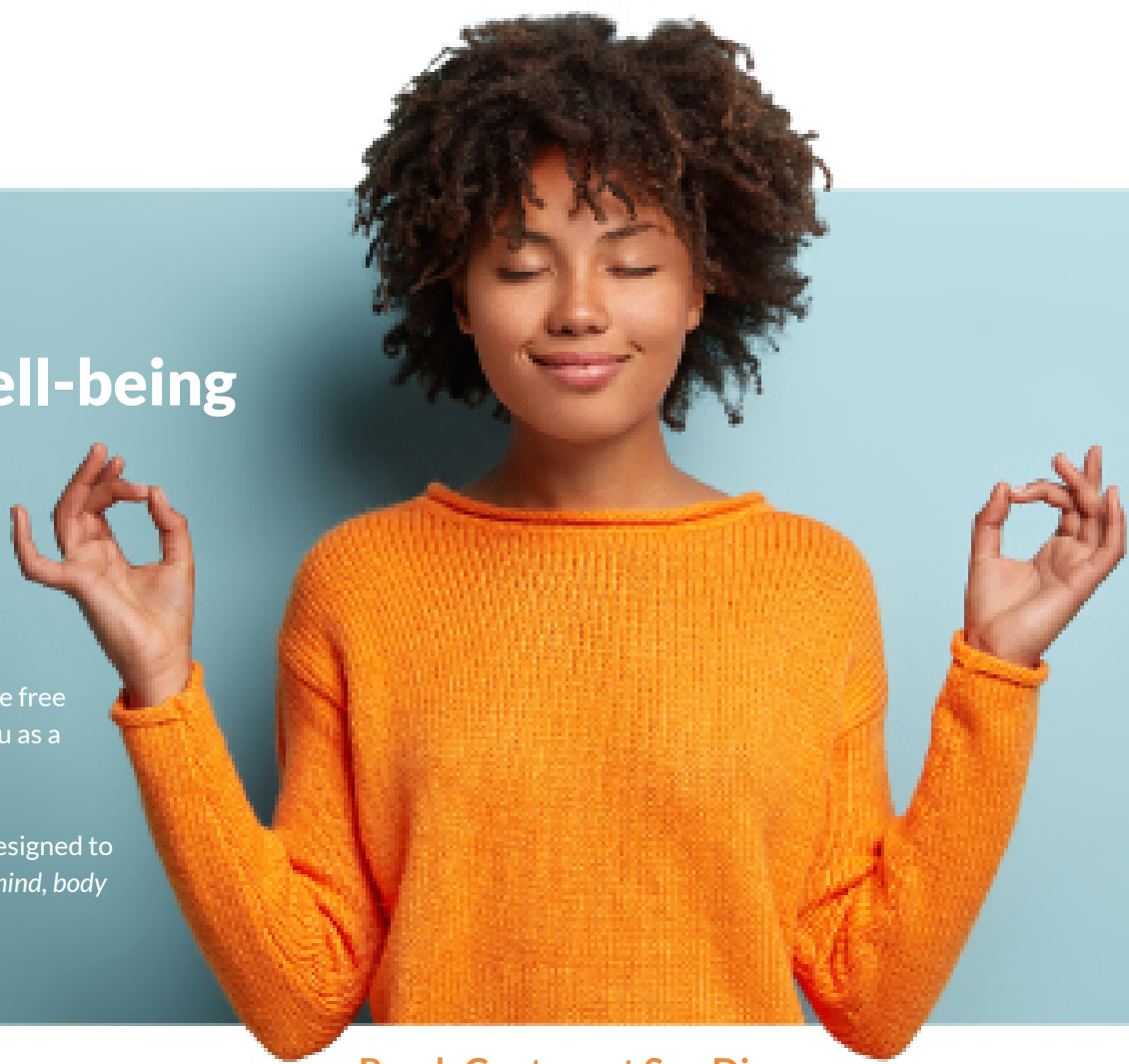




VEBA Emotional Well-being Resources

We are living in some pretty stressful times right now, which may be taking a toll on our emotional health. If you are feeling overwhelmed, check out the free resources you have available to you as a VEBA member.

The VEBA Resource Center was designed to help take care of the whole you – *mind, body and spirit.*



Optum EAP

The free Optum EAP benefit offers VEBA members confidential access to personalized care and self-help resources. Optum's experts can help with stress, medication questions, life events like divorce, or legal issues. VEBA members receive five free visits per concern.

Learn more at liveandworkwell.com (access code: VEBA). Visit Optum's site for an online pre-authorization form or call [888-625-4809](tel:888-625-4809).

Optum also offers a free community emotional support line at [866-342-6892](tel:866-342-6892). Anyone can call 24 hours, 7 days a week, to speak to a professionally trained mental health expert.

Psych Centers at San Diego

Need an appointment through EAP immediately? Psych Centers at San Diego (PCSD) telehealth services are here to help. You can take advantage of group therapy and personalized therapy sessions through your Optum EAP benefit.

Expedited appointments are available. You will first have to get an authorization code from EAP. Then, call PCSD to schedule an appointment within one week. Here's how:

1. Contact Optum at [888-625-4809](tel:888-625-4809) or VEBA Advocacy at [888-276-0250](tel:888-276-0250) or email advocacy@mcgregorinc.com to obtain an authorization code.
2. Call PCSD at [619-528-4600](tel:619-528-4600) ext. 7878 with your authorization code to schedule your appointment.

3 Ways to Connect with the VEBA Resource Center

One-on-One Appointment with a Care Navigator

[Our holistic nurses help connect you with the resources you need.](#)

Take a Tour of the Virtual VRC

Check out our online content – visit us at www.vebaresourcecenter.com to download healthy recipes, check out our on-demand video library even download our self-help toolkit

Live Classes Throughout the Week

From yoga to cooking to meditation, we'd love to have you join us! [Check out our online schedule!](#)

Visit our VRC channels for Well-Being Resources and Updates

