



VEBA Emotional Well-being Resources

Day-to-day life can be pretty stressful at times. Ongoing daily stress can take a toll on our emotional health. If you feel overwhelmed, check out the free resources you have available to you as a VEBA member.

The VEBA Resource Center was designed to care for you as a total person – *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).

Psych Centers at San Diego

Need an appointment through EAP? 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.

Get started today – appointments are available. You first have to get an authorization code from EAP. Then, call PCSD to schedule an appointment. Here's how:

1. To obtain an authorization code, contact Optum at [888-625-4809](tel:888-625-4809) or contact VEBA Advocacy at [888-276-0250](tel:888-276-0250) or visit [VEBAonline.com/contact](https://vebaonline.com/contact)
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 work with you one-on-one to connect you with the mental health and well-being resources you need. Visit vebaresourcecenter.com/programs/care-navigation/ to learn more about care navigation.

Take a Tour of the Virtual VRC

Check out our extensive online resources. Visit us at vebaresourcecenter.com to access new monthly well-being blog articles, view our on-demand video library and download your free self-help toolkit.

Live Classes Throughout the Week

From yoga and meditation to sound healing and more, we'd love to have you join our weekly well-being classes and events! Visit vebaresourcecenter.com/calendar to check out our online schedule.

Visit our social media channels for well-being resources and updates

