



CALIFORNIA SCHOOLS
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.

VEBA RESOURCE CENTER

1. The Optum Emotional Support line is available to all VEBA members free of charge. Call [866-342-6892](tel:866-342-6892) to speak to a professionally trained mental health expert 24 hours, 7 days a week. It is open to family and friends as well.
2. Join us every Tuesday and Thursday on Facebook, <https://www.facebook.com/VEBAresourcectr/>, from 12:30 p.m. – 1 p.m. for a discussion with Dr. Sondoozi. She will be answering your questions on emotional well-being.
3. Follow us on social media for additional well-being resources and updates:
<https://www.facebook.com/VEBAresourcectr/>
<https://www.linkedin.com/company/california-schools-veba>
<https://www.instagram.com/vebaresourcectr/>

PUBLIC RESOURCES

1. Calm app. Maintain healthy sleep by relaxing before bedtime. Listen to sleep stories, relaxing nature sounds or music, meditate or set a sleep timer. Download from either Google Play or Apple App Store.
2. CDC resources on stress management.
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
3. Happify app. Improve emotional well-being with science-based activities and games. The app help you reduce stress, build greater resilience and overcome negative thoughts. Download from the App Store or Google Play.
4. Headspace app. Mindfulness app that offers guided meditations, courses and sleep help. Available for iOS and Android devices.

UHC/UMR

1. The Optum Emotional Support line is available to all VEBA members free of charge. Call [866-342-6892](tel:866-342-6892) to speak to a professionally trained mental health expert 24 hours, 7 days a week. It is open to family and friends as well.
2. UHC is offering all VEBA members free premium access to digital mental health care through Sanvello Health. Sanvello's app offers meditation, peer support, guided lessons and assessments. It is available to all, including non-members, and on both Apple and Google platforms. Search the app store for "Sanvello" to download the free app.
3. UHC and UMR members have access to mental health services through Optum. You can receive assistance with locating outpatient providers and inpatient treatment programs when necessary, including specialty treatment programs for things such as Substance Use or Eating Disorder programs. To access services, please call the number on your ID card.

KAISER

1. For emotional support, Kaiser members can call the 24/7 line at [800-900-3277](tel:800-900-3277).
2. Kaiser members have many resources for coping during this challenging time. is offering the myStrength app free to adult members 18 and older. It provides personalized programs with interactive activities, in-the-moment coping tools, inspirational resources and community support. The app also has new features specifically designed to help you cope with fear or anxiety about the coronavirus. KP members can download digital self-care support resources to their desktop or mobile device at no cost. Get started at kp.org/selfcare.
3. Kaiser members can access online self-care resources such as self-assessments, emotional wellness tools, personalized online programs and breathing exercises at kp.org/selfcare. Counseling services are available for mental, emotional and addiction issues. Learn more at kp.org/mentalhealth.

CIGNA

1. Cigna offers a free 24/7 emotional phone support line at [866-912- 1687](tel:866-912-1687).
2. Cigna has a number of specific resources to COVID-19 stress including webinars, articles and podcasts. Visit <https://www.cigna.com/coronavirus/>.
3. Cigna provides members with mind and body programs, lifestyle management courses, support groups, behavioral counseling and digital resources. Log on to mycigna.com or call [800-244-6224](tel:800-244-6224).

SIMNSA

1. Call SIMNSA at 800-424-4652 (in the U.S.) or 664-231-4747 (Tijuana).
2. Connect with SIMNSA on YouTube, <https://www.youtube.com/user/simnsahealthplan>, or through the dedicated COVID-19 website at <https://simnsaprevencion.com/>.
3. Mental health services are available to SIMNSA members for personal, social and relationship and family issues. Services include individual therapy, couple's therapy and family therapy for adults, adolescents and children. To schedule an appointment, call [664-231-4747](tel:664-231-4747) (Tijuana).

OPTUM EAP

1. The Optum Emotional Support line is available to all VEBA members free of charge. Call [866-342-6892](tel:866-342-6892) to speak to a professionally trained mental health expert 24 hours, 7 days a week. It is open to family and friends as well.
2. Optum EAP members have access to assistance with telephonic, virtual and face to face visits with a therapist. Additionally, members can receive assistance with locating Child Care, Elder Care, legal and financial assistance. Optum's online portal has information on community resources and support groups as well as digital tools, videos and online programs. To access, call [888-625-4809](tel:888-625-4809) or visit liveandworkwell.com, access code **VEBA**.



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