

May 2026

## Member Update

May is **Mental Health Awareness Month**, a reminder that emotional well-being is a key part of total health. This month, CalVEBA is highlighting tools, programs, and support available to help you manage stress, build motivation, and access help when you need it.

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## Upcoming Virtual Workshop

### Willpower: How to Power Your Motivation

#### *Whole Health Coaching Virtual Workshop*

Thursday, May 21 | 5 pm – 6 pm (Virtual)

Join this interactive session to explore how motivation really works, and what helps when willpower runs low.

#### You'll learn:

- When willpower works, and when it doesn't
- Simple tools to stay motivated when energy or focus dips
- Strategies for building habits that last

#### Date & Time:

Thursday, May 21 | 5 pm – 6 pm | Virtual

[Register Now](#)

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## Featured Spring Programs

### Sunday Virtual Meal Prep

Planning meals ahead can reduce stress and decision fatigue during busy weeks. Join Chef Leslie for a live, virtual meal prep class focused on simple, nourishing recipes. Plus, three lucky participants will win raffle prizes, including a set of stainless-steel mixing bowls and a vegetable chopper.

There will be

#### Date & Time:

Sunday, June 7 | 2:00 pm – 3:15 pm | Virtual

[Register Now](#)

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## In-Person Small Group Program

*Space is limited. Advance registration is required.*

### Loss & Healing

A compassionate, therapist-led group offering a safe space to process grief or loss, connect with others, and learn gentle coping tools to support healing and resilience.

- Wednesdays, May 6 – June 10 | 4:30 pm – 5:30 pm
- Kearny Mesa Resource Center

### [Learn More](#)

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## Emotional & Mental Health Support – Available Anytime

Confidential mental health support is available through CalVEBA for common, everyday challenges – not just ongoing therapy needs.

### Therapy Through CalVEBA

Confidential counseling is available virtually or in person, without long wait times.

#### Support may include help with:

- Stress, overwhelm, or anxiety
- Life changes or transitions
- Work-related stress or burnout
- When something feels “off”

Visit the [Mental Health Benefits & Services page](#) to learn more.

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## Additional Mental Health Options by Health Plan

- **Kaiser Permanente:** Call **800-464-4000** for mental health services
- **UnitedHealthcare:** Sign in to your member portal or call the number on your ID card

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- **Optum (San Diego):** Access therapy through Mindpath Health with authorization from Optum. Here's how to get started:
  - **Get an authorization code:** Call Optum at **888-625-4809**.
  - **Schedule your appointment:** Call **619-528-4600** with your authorization code.

**Eligibility questions or need help finding an in-network mental health professional?**  
Contact The Advocacy Team at [VEBAOnline.com/Contact](https://vebaonline.com/contact) or call **888-276-0250**.

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## Mental Well-Being Hub

Explore tools and resources that offer quick ways to improve your mental well-being, including stress resets, guided practices, and self-care tools.

[Explore the Hub](#)

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## Need Help Navigating Your Benefits?

Sometimes the hardest part of health care is knowing where to start. The Advocacy Team can help you understand coverage, find in-network providers, and resolve issues with care or claims.

**888-276-0250** | [VEBAOnline.com/Contact](https://vebaonline.com/contact)

Monday–Friday, 8 am–5 pm

***Tip:** For urgent requests, please click the “Urgent” box located on the contact form. Inquiries typically receive a response within one business day of receipt.*

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## Stay Connected

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