The COVID-19 Vaccine is here!
Available to Veterans Enrolled in VA Healthcare pg. 2, 4-5

Set Your Intentions for the New Year
Gateway to Healthy Living pg. 6

Embrace Your Creative Side
Creative Arts and Humanities Programs pg. 19
What to know about COVID-19

The COVID-19 Vaccine is here!
1. Respond to this survey to let us know your interest in getting the vaccine (https://www.va.gov/health-care/covid-19-vaccine/stay-informed/form) and VA Long Beach will call you.
2. To hear updates on VA Long Beach’s Vaccine status, call 562-826-8000 and Press 5
3. See page 4–5 for more information.

Daily screening questions at all entrances
Answer these survey questions to skip the line
https://www.va.gov/covid19screen/

Have COVID-19 symptoms?
• Go to the COVID-19 screening tent near Bldg. 164 (near Primary Care) at VA Long Beach

COVID-19 Drive-Thru Testing (Veterans with No Symptoms Only)
• By appointment only for patients within VA Long Beach Health Care System
• Call 562-826-5151 to make an appointment

Locations
• Tibor Rubin VA Medical Center
  5901 E. 7th Street, Long Beach, CA 90822

Lab location has changed!
• Now located in lobby of Bldg. 126
• Hours: 6:00 AM to 4:30 PM

*COVID-19 information is being continually updated as needed.
Information listed is subject to change.
*Some offerings currently on hold due to COVID-19
<table>
<thead>
<tr>
<th>Page</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>What to Know about COVID-19</td>
</tr>
<tr>
<td>4-5</td>
<td>COVID-19 Vaccine</td>
</tr>
<tr>
<td>6</td>
<td>Whole Health and Wellness</td>
</tr>
<tr>
<td>7</td>
<td>Primary Care</td>
</tr>
<tr>
<td></td>
<td>Diet</td>
</tr>
<tr>
<td></td>
<td>Diabetes Management</td>
</tr>
<tr>
<td>8</td>
<td>Sleep</td>
</tr>
<tr>
<td>8</td>
<td>Pain</td>
</tr>
<tr>
<td>9</td>
<td>Stress Management and Relaxation</td>
</tr>
<tr>
<td>10</td>
<td>Quitting Tobacco</td>
</tr>
<tr>
<td>10</td>
<td>Weight Management</td>
</tr>
<tr>
<td>11-12</td>
<td>Mental Health</td>
</tr>
<tr>
<td>13-14</td>
<td>Posttraumatic Stress</td>
</tr>
<tr>
<td>15-16</td>
<td>Substance Use</td>
</tr>
<tr>
<td>17</td>
<td>Memory and Concentration</td>
</tr>
<tr>
<td>18</td>
<td>Speech Pathology Services for Stroke and LSVT</td>
</tr>
<tr>
<td>18</td>
<td>Peer Support Resources</td>
</tr>
<tr>
<td>19</td>
<td>Creative Arts and Humanities</td>
</tr>
<tr>
<td>20</td>
<td>Caregiver Support Resources</td>
</tr>
<tr>
<td>21</td>
<td>Additional Resources</td>
</tr>
<tr>
<td></td>
<td>College Tools</td>
</tr>
<tr>
<td></td>
<td>Veterans Voice Council</td>
</tr>
<tr>
<td></td>
<td>Community Resources</td>
</tr>
<tr>
<td>22</td>
<td>Tips for Coping with Stress During COVID-19</td>
</tr>
<tr>
<td>23</td>
<td>Virtual Care Resources</td>
</tr>
<tr>
<td>24</td>
<td>Important Phone Numbers</td>
</tr>
</tbody>
</table>

*For additions or changes to the Bulldog, contact: Sonika Ung, Ph.D. at sonika.ung@va.gov*
INTERESTED IN RECEIVING THE VACCINE?
With the vaccine supply we currently have, VA Long Beach is following VA, CDC, and state guidelines by taking a phased approach to vaccine distribution, based on multiple factors including exposure risk, age, and existing health problems.

We respectfully request that you do not call our Call Center to ask when you might be able to get the vaccine, or other vaccine-related questions. We will contact you directly when we can schedule you for your vaccine appointment.

FILL OUT THE SURVEY. WE’LL CALL YOU.
The best way to make sure that you’re notified when it’s your turn to get the COVID-19 vaccine is to sign up for updates and indicate your interest by filling out the VA survey online. Visit:
www.va.gov/health-care/covid-19-vaccine/stay-informed/form

The survey is our tool to identify who wants the COVID-19 vaccine AND how to contact those who are eligible when it’s their turn.

NEED MORE INFO?
To hear updates on VA Long Beach’s vaccine status, please call (562) 826-8000 and press 5.

To learn more about COVID-19 vaccines, please visit www.va.gov/health-care/covid-19-vaccine/
FREQUENTLY ASKED QUESTIONS

Why should I get a COVID-19 vaccine?
The coronavirus disease (COVID-19) has caused severe illness and death around the world. This is, in part, because the virus that causes COVID-19 spreads easily from person to person. We have some treatments to help reduce the effects of COVID-19 but a vaccine that helps prevent people from becoming infected is the best way to slow or stop the spread of the virus.

Should I get a COVID-19 vaccine even if I’ve already had COVID-19?
Data from clinical trials show that the 2 authorized COVID-19 vaccines are safe in people who’ve been infected with the virus that causes COVID-19 in the past. If you’re currently sick from COVID-19, you should wait until you’ve recovered, and you’re finished with isolation to get a vaccine.

Who should NOT get a COVID-19 vaccine?
Your health care provider can help you decide if it is safe for you to get a COVID-19 vaccine. As a general rule, you should NOT get a COVID-19 vaccine if you:
- are allergic to COVID-19 vaccine, or polyethylene glycol (PEG) or polysorbate
- have been diagnosed with COVID-19 within the last 90 days (see above)

What should I expect when getting a COVID-19 vaccine?

📍 At your appointment, you will receive a vaccination card that tells you what vaccine you received and on what date.

📍 You will be monitored for 15 minutes after you get your vaccine.

📍 You may have some side effects after you get a COVID-19 vaccine. Side effects are normal signs that your body is building protection against COVID-19. These side effects may feel like the flu. They may even affect your ability to work or do other daily activities. But any side effects should go away in a few days.

For the latest updates and more information on COVID-19 vaccines, visit
www.va.gov/health-care/covid-19-vaccine/

COVID Coach
Check out this free app for more resources!
https://www.ptsd.va.gov/appvid/mobile/index.asp
# Whole Health and Wellness

## 1. Introduction to Whole Health

**2nd Thursday of the month**  
10:00 – 12:00 PM  

To enroll: contact Zeta Amos at 562-826-8000 ext. 1-3210  

VA Video Connect  

Learn how to use your own strengths to improve your well-being with a focus on what is important to YOU using the Whole Health approach.

## 2. Taking Charge of My Life and Health

**Mondays and Wednesdays**  
10:00 – 12:00 PM  

To enroll: contact Zeta Amos at 562-826-8000 ext. 1-3210  

VA Video Connect  

Veterans explore their new Mission, Aspiration and Purpose, complete a Personal Health Inventory and create a Personal Health Plan on the pathway to Whole Health.

## 3. Whole Health Coaching, Personal Health Inventory

To enroll: contact Zeta Amos at 562-826-8000 ext. 1-3210  

VA Video Connect  

What matters most to you? Meet with a Health Coach to develop a Personalized Health Inventory (PHI) and begin your pathway to a healthier you.

## 4. Gateway to Healthy Living

**1st Thursday of every month, 10:00-11:30 AM**  

To enroll: call Dr. Sonika Ung at 562-269-9488.  

No referral needed  

Gateway will introduce you to strategies for success: choosing something important to you, getting support, tracking progress, managing roadblocks, changing routines, sticking to it, and creating realistic goals.
### 5. Living Low Carb Class

| First two Mondays of the month at 2:00 PM, one-hour sessions* | For healthier eating habits, weight loss or to lower blood sugar and triglycerides. Learn to identify and count carbs and use better choices for high carb items. Taught by a Diabetes Nurse Practitioner. |
| To enroll (required): call 562-826-8000 ext. 1-4303 | |
| VA Video Connect | |

### 6. Pre-Diabetes/Diabetes Prevention Class

| Last two Mondays of the month at 2:00 PM, one-hour sessions* | For Veterans with Pre-Diabetes. Includes your diabetes related blood tests and proven ways to prevent or at least delay getting Type 2 Diabetes. Taught by a Diabetes Nurse Practitioner. |
| To enroll (required): call 562-826-8000 ext. 1-4303 | |
| VA Video Connect | |

### 7. Diabetes Basic Training Class

| First four Tuesdays of the month at 2:00 PM, one-hour sessions* | For Veterans with Diabetes. Includes your diabetes related blood tests, what to eat, when to move, and how to take pills and insulin to lower your sugar. Taught by a Diabetes Nurse Practitioner. |
| To enroll (required): call 562-826-8000 ext. 1-4303 | |
| VA Video Connect | |

### 8. Diabetes Wellness Group (Santa Fe Springs CBOC)

| Mondays 11:00-12:00 PM, 6 weeks | Managing difficulty with motivation for lifestyle changes, and distress that is common among people who have diabetes. Now that this class is virtual, Veterans from any VA Long Beach location can enroll! |
| To enroll: Ask provider for consult or call Dr. Sonika Ung at 562-269-9488. | |
| VA Video Connect | |

---

*dates may vary due to holidays, etc.*
9. Sleep Education Class

- 1st Tuesday 1:00 - 2:30 PM
- 3rd Wednesday 3:00 - 4:30 PM
- 3rd Thursday 1:30 - 3:00 PM
- 90-minute class

To enroll: Ask your Primary Care Provider (PCP) for a consult
VA Video Connect or VANTS Teleconference Line

A 90-minute class for Veterans wanting to learn ways to improve their sleep.
This class is required before enrolling in Cognitive Behavior Therapy for Insomnia (CBT-I).

10. Cognitive Behavior Therapy for Insomnia (CBT-I)

Dates/times of group appointments vary
To enroll: By consult only. Please contact your provider.
VA Video Connect

Sleep Education Class (above) is required before enrolling. This is a 6-week group therapy to manage insomnia.

Use the free CBT-I Coach App in this class!
https://www ptsd va gov appvid mobile/cbticoach_app_public.asp

11. Chronic Pain Management Class

1st and 3rd Wednesday from 9:00 – 11:00 AM
To enroll: Call Dr. Caroline Prouvost (714) 434-4666
VA Video Connect

A two-part class for Veterans wanting to better manage their pain.
12. Stress Management & Relaxation Group
Tuesdays 9:30 – 11:00 AM, 6-weeks
For Veterans seeking ideas and help with stress management and relaxation.
To enroll: request consult from provider or call Dr. Sonika Ung at 562-269-9488
VA Video Connect

13. Stress Management & Relaxation Group (Santa Ana CBOC)
Wednesdays 11:00 AM – 12:30 PM, 6-weeks
For Veterans seeking ideas and help with stress management and relaxation.
Now that we are virtual, Veterans from any VA Long Beach location can enroll!
To enroll: request consult from provider or call Dr. Sonika Ung at 562-269-9488
VA Video Connect

14. Relaxation/Meditation Group
Thursdays 11:00 AM – 11:50 AM
Join to practice relaxation and meditation exercises.
To enroll: Contact Dr. Huang at 562-826-8000 ext.1-4384 or Dr. House at ext.1-4394
VA Video Connect

15. Mantram Repetition for Rapid Relaxation
Tuesdays 3:00 – 4:00 PM
For Veterans to learn a technique to calm the mind and handle stressful situations better.
Dates vary, 7-weeks long
For more information call Leigh Messinides, Ph.D. (562) 826-8000 ext. 13218
16. Quitting Tobacco by Phone, Text, and Online

**smokefree.gov**  
Visit for information on how to quit and staying quit.

**Quit VET**  
A toll-free telephone smoking Quitline:  
1-855-784-8838

**Smokefree for Veterans**  
Text VET to 47848 from mobile phone

**Tips to Quit**  
[www.publichealth.va.gov/smoking](http://www.publichealth.va.gov/smoking)

---

17. MOVE! Weight Management – Introduction

**Dates and times vary**  
**For Veterans wanting to lose weight.**  
**This class is required before the 7-week program listed below.**

**To enroll:** call (562) 826-8000  
ext. 1-6571

**VA Video Connect**

---

18. MOVE! Weight Management Class

**Dates and times vary, one class per week, 7-weeks**  
**For Veterans wanting to lose weight.**  
**Please take Move! Weight Management-Introduction before enrolling in this class.**

**To enroll:** call 562-826-8000  
extension 1-6571

**VA Video Connect**

---

MOVE! Coach  
**Free VA App**  
[https://www.move.va.gov/movecoach.asp](https://www.move.va.gov/movecoach.asp)
19. Grief Support Group

1st and 3rd Fridays
11:00 – 12:00 PM
For Veterans who have experienced loss of a loved one. The goal of the group is to help Veterans find healthy ways to honor and incorporate grief in their lives.
To enroll: call Dr. Lara Barbir (562) 826-8000 ext. 1-5444
VA Video Connect

20. Drop-In Mindfulness Group

2nd and 4th Fridays
11:00 – 12:00 PM
Learn sitting meditation techniques to help relieve stress, anxiety, depression, and/or pain.
To enroll: call Dr. Lara Barbir (562) 826-8000 ext. 1-5444
VA Video Connect
Mindfulness Coach App
https://www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp

21. DBT Skills for Emotional Eating

Tuesdays 2:00-3:30 PM
12-weeks long
For Veterans who are struggling with eating disorders (overeating, binging, purging, restricting) and emotion dysregulation. Skills will be taught to manage disordered eating behaviors, perfectionism, and body image.
To enroll: Call Dr. Monisha Motiwala (562) 826-8000 ext. 1-7371 for more information.
VA Video Connect
22. BHIP Mindfulness-Based Stress Reduction Group

Fridays 8:00 – 10:50 AM, 10 weeks long, 1 all day session near the end of group

To enroll: ask your Mental Health Provider to place a BHIP Psychotherapy Consult for “BHIP MBSR group with Dr. Fayazmanesh”

For Veterans currently in treatment in the Outpatient Mental Health Clinic only. MBSR is an intensive, experiential introduction to mindfulness meditation. Joining requires a commitment to attend all sessions and to practice mindfulness meditation at home for 45 minutes to one hour daily.

23. Life Paths

Fridays 8:30 – 10:00 AM, new 4-session series offered each month

To enroll: ask your provider for a referral or contact Dr. Barbir at 562-826-5444

For Veterans enrolled in Primary Care Mental Health Integration only. It will teach skills to 1) Be more open to your experience 2) Let go of the struggle that brings more emotional and physical pain 3) Build awareness of what is occurring in the present moment 4) Engage in what really matters and is meaningful in our lives

24. Mental Health Pathways Recovery Center

Monday-Friday 09:00 AM - 3:00 PM
Bldg. 128, Room L209

To enroll: Ask your provider for a consult
Call 562-826-8000 ext. 1-5602 for more information

Specialty Program for Veterans with Serious Mental Illness. Individual counseling and 21 groups are offered weekly. Most Veterans attend 3-5 days per week, but time spent varies.

App that helps share your treatment preferences during a mental health crisis [https://smiadviser.org/getapp](https://smiadviser.org/getapp)
25. PTSD For Combat Trauma

Dates and times Vary

To enroll: Veterans may ask for a referral by their provider to the PTSD Team for male Veterans or the Women’s Mental Health Team for female Veterans.

Each program offers many different groups, including some that are late afternoon, on topics that help Veterans address combat related trauma reactions.

26. Combat Medics Group

Tuesdays 11:00 - 12:00 PM

To enroll: Contact Dr. Larry Albers at ext. 1-2150

VA Video Connect

A support group for all military medical personnel.

27. PTSD Mindfulness-Based Stress Reduction Group

Fridays 1:00 – 3:50 PM, 10 weeks long, 1 all day session near the end of group

To enroll: ask your Mental Health Provider in Combat PTSD to place a BHIP Psychotherapy Consult for “PTSD MBSR group with Dr. Fayazmanesh

VA Video Connect

For patients currently in treatment in the Combat PTSD Program in Mental Health only. MBSR is an intensive, experiential introduction to mindfulness meditation. Joining requires a commitment to attend all sessions and to practice mindfulness meditation at home for 45 minutes to one hour daily.
28. PTSD for Trauma Not Combat-Related Graduate Group

To enroll: Contact Ann Costa (562) 826-8000 ext.22911

For graduates of the PTSD for Trauma Not Combat-Related Group

VANTS teleconference line

29. Cognitive Processing Therapy Trauma Group

Tuesdays 8:30 AM – 10:00 AM

To enroll: Ask your provider to add Dr. Juliet Hung as a cosigner to their medical note. (For providers: do not place a “San Psychology” consult.)

Cisco Webex Video platform

For Veterans currently enrolled at the Santa Ana CBOC only. Veteran will need to be screened first by the group provider.

Free Self-Help Apps for Posttraumatic Stress

PTSD Coach
https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp

PTSD Family Coach
https://www.ptsd.va.gov/appvid/mobile/familycoach_app.asp

AIMS for Anger Management
https://www.ptsd.va.gov/appvid/mobile/aims_app.asp
30. Substance Abuse Cognitive Behavior Therapy - Overcoming Your Alcohol or Drug Problem
Fridays 10:30 – 11:30 AM
Learn strategies to manage cravings and thoughts of using. Develop ways to cope with stress and reduce risk of relapse. Improve communication and assertiveness. Increase social support.
To enroll: Call Emma Martin RN or Ricardo Restrepo-Guzman, MD
(562) 826-8000 ext.1-4344 or ext.1-4881

31. Harm Reduction Group
Thursdays from 10:00 – 11:00 am
For Veterans who want to learn skills to reduce or quit drinking or other substance use
To enroll: Call Randy Young
(562) 826-8000 ext.1-4338
VA Video Connect

32. Alcoholics Anonymous
Tuesdays, 7:30pm
For Veterans and community members. No referral or appointment needed.
To enroll: Call Substance Use Treatment Program (SATP)
(562) 826-8000 ext. 1-5610

33. Narcotics Anonymous
Thursdays, 7:30pm
For Veterans and community members. No referral or appointment needed.
To enroll: Call Substance Use Treatment Program (SATP)
(562) 826-8000 ext. 1-5610
34. Buprenorphine Group
Tuesdays, 2:00 - 3:00 PM and Thursdays, 5:00 - 6:00 PM
All patients on Suboxone maintenance.
To enroll: call Theodore Jones/Emma Martin RN ext. 1-4881

35. Attitude Adjustment and Patients in Recovery
To enroll: Call Substance Use Treatment Program (SATP) (562) 826-8000 ext. 1-5610

Free Self-Help Apps for Substance Use

VetChange
Proven self-help tools to build skills to stop or cut back on problem drinking
https://www.ptsd.va.gov/appvid/mobile/VetChange_app.asp

Veterans Health Library:
https://www.veteranshealthlibrary.va.gov

National Institute on Alcohol Abuse and Alcoholism (NIAAA):
https://www.niaaa.nih.gov/alcohol-health

VHA National Center for PTSD
https://www.ptsd.va.gov/understand/related/problem_alcohol_use.asp
<table>
<thead>
<tr>
<th><strong>36. Cognitive Education Class for Aging Veterans</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Select Mondays, 1:00-3:00 PM</td>
</tr>
<tr>
<td>A four-part series for aging Veterans.</td>
</tr>
<tr>
<td>To enroll: Contact Dr. Lauren Dill at (562) 826-8000 ext.1-4716</td>
</tr>
<tr>
<td>Cisco Webex Video platform</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>37. GEM Dementia Education Group</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>4th Thursday of the month 10:30 – 12:30 PM, four-part series</td>
</tr>
<tr>
<td>To enroll: Contact Dr. Lauren Dill at (562) 826-8000 ext.1-4716</td>
</tr>
<tr>
<td>Cisco Webex Video platform</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>38. Dementia Support Group</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bi-monthly on Tuesdays from 11:00 AM – 12:00 PM</td>
</tr>
<tr>
<td>To enroll: Contact Dr. Lauren Dill at (562) 826-8000 ext.1-4716</td>
</tr>
<tr>
<td>Cisco Webex Video platform</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>39. Parkinson’s Support Group</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Select Saturdays, 1:00 - 2:30 PM</td>
</tr>
<tr>
<td>To enroll: Contact Dr. Megan Gomez at (562) 706-0740</td>
</tr>
<tr>
<td>VA Video Connect</td>
</tr>
</tbody>
</table>
40. Stroke Support Group
Wednesdays from 10:00-11:00 AM
Weekly support group for Veterans recovering from stroke.
To enroll: Ask your provider for a referral to Speech Pathology. For more information call 562-826-8000 ext. 1-3280

41. Lee Silverman Voice Treatment Maintenance Group
Held monthly, time/dates vary.
A monthly maintenance group for those who have completed the LSVT LOUD Program.
Ask your provider for a referral to Speech Pathology. For more info: Call (562) 826-5415

42. Group Coffee Talk
Tuesdays 09:00 – 10:30 AM
90 minutes
A self-motivation group to cultivate a positive mindset, build optimism and resilience in a supportive atmosphere.
To enroll: contact Marilse Palma, PS: Marilse.Palma@va.gov / 562-335-8983

43. Veterans Social Group
Fridays 10:00 – 11:30 AM
For Veterans that would like to connect and socialize with other Veterans
To enroll: contact Burgess Brown at 562-477-7797
44. Veterans Digital Photography Program

Wednesdays and Fridays 3:00 PM
For all Long Beach Veterans interested in Photography. Presentations and workshops "Seeing the World Creatively".

To enroll: contact Linda Hicks, hickslin@yahoo.com
Virtual

45. Long Beach Veterans’ Story Corps Workshop

Monday/Wednesday (times vary)
Share stories (writing, photography, video, etc.) with fellow Veterans and create a story about a "challenge" from your life that may help others.

To enroll: contact Zeta Amos at 562-826-8000 ext. 1-3210
Virtual - Group and Individual
Requires a computer with WiFi

46. Operation Art

Fridays 10:00 AM -1:00 PM
For all Long Beach Veterans interested in exploring their creative side through the arts, utilizing different mediums, and finding connections through creating together.

To enroll: contact Zeta Amos at 562-826-8000 ext. 1-3210
On VA Video Connect or Webex

47. ReImaging as Service: The Peer Specialist as Listener and Teller of Stories

To be determined
From interviews conducted by peer Veterans and recorded on smartphones, the Veteran reconstructs their story from the perspective of serving fellow Veterans along their individual paths.

To enroll: contact Burgess Brown at 562-477-7797
To be determined

While not part of the VA, this organization provides craft kits to Veterans: https://www.healvets.org/
48. Caregiver-Family Support Group

Mondays, 5:00-6:00 PM (except federal holidays)
To enroll: contact Dr. Tatiana McDougall ext.1-3141
VA Video Connect

An ongoing support group that helps family members of Veterans learn about mental health issues, identify ways to support loved ones, and practice self-care. All family members and significant others over 18 welcome to attend.

49. REACH VA Individual Coaching Program for Caregivers of Veteran Loved ones with ALS, Dementia, MS, PTSD, SCID, or Any Era

Dates & times of appointments vary
For more information or to enroll: Contact Kristy Kleiman 562-583-5558

Resources for Enhancing All Caregivers Health is a structured approach to address Caregiver challenges. Reach out if you are interested in individual coaching to learn valuable skills such as problem solving, stress management, positive thinking, and find time to care for you as well.

50. REACH VA Telephone Support Group Program for All Eras

Dates & times of appointments vary
For more information or to enroll: Contact Kristy Kleiman 562-583-5558

The REACH VA Telephone Support Group Program teaches valuable skills in a group format, focusing on education, support and skill building throughout 6 bi-monthly sessions including:
1) Taking Care of Yourself
2) Problem Solving
3) Mood Management
4) Asking for Help
5) Stress Management.
51. College Connection Study Skills Workshop

To enroll: Ask your provider for a referral to Speech Pathology for College Connection.

A series of classes that teach the study skills needed to succeed in college: reading, note-taking, time management, essay writing, studying, and test taking.

Call (562) 826-8000 ext. 1-5415 for more information.

Veteran Community Resources (non-VA)

Although outside of the VA, these organizations offer services to Veterans and their families and sometimes partner with the VA.

Veterans Voice Council

To become a member:
email darrholgr@aol.com
or
Call Volunteer Services at (562) 826-8000 ext. 1-5715

A voice for all Veterans. Become a member. We partner with PVA, Community Living Center, P.I.E.R., Suicide Prevention and VA Patient Care.

https://ocstrongfamilies.org/pages/about-strong-families-strong-children
https://www.strengthinsupport.org/
OC Veterans and Military Families Collaborative
https://www.ocvmf collaborative.info/
Coping with Stress During the COVID-19 Outbreak

It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family by email, phone, and text.

- Maintain a healthy lifestyle - including proper diet, sleep, and exercise.

Do not use smoking, alcohol or other drugs to numb your emotions. If you feel overwhelmed, contact your VA providers.

Have a plan for how to seek help:

- Call your Provider(s)
- Veterans Crisis Line: 1-800-273-8255
- Emergency Room
- Urgent Mental Health Center Bldg 126, Room W128 Mon – Fri 7:00 AM - 5:00 PM

Get the facts so you can be safe without overthinking it: CDC, VA's FAQ's, and/or California Dept. of Public Health.

Listen, read, and watch the media in small doses to give your body and mind a break.

Draw on the coping skills you have used in the past to help you manage your emotions during the challenging time.
Virtual Care Resources

https://www.myhealth.va.gov/mhv-portal-web/home
Get access to refilling prescriptions, track appointments, communicate securely with your providers online, and get access to your health records!

Ask your provider to sign-up for Myhealthevet Premium

https://mobile.va.gov/app/va-video-connect
VA Video Connect allows Veterans and their caregivers to quickly and easily meet with VA health care providers through live video on any computer, tablet, or mobile device with an internet connection.

Call the Office of Connected Care Help Desk at (866) 651-3180 24/7.

Trouble Shooting Tips:
https://www.youtube.com/watch?v=edQ8XuU87D0&feature=youtu.be
# Important Phone Numbers

<table>
<thead>
<tr>
<th>Phone Number</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>877-252-4866</td>
<td>Nurse Advice Hotline (Available 24/7)</td>
</tr>
<tr>
<td>562-826-8000 or 888-769-8687</td>
<td>Tibor Rubin VA Medical Center Press 0 for operator</td>
</tr>
<tr>
<td>Ext. 1-2304</td>
<td>Urgent Mental Health Center Location: Bldg. 126 Room W128</td>
</tr>
<tr>
<td></td>
<td>Walk-in 07:00-17:00 Monday- Friday</td>
</tr>
<tr>
<td>Ext. 1-5151</td>
<td>Primary Care (appointments)</td>
</tr>
<tr>
<td>Ext. 1-5503</td>
<td>Pharmacy (Drive-Thru Open!)</td>
</tr>
<tr>
<td>714-434-4600</td>
<td>Santa Ana Community Based Outpatient Clinic (CBOC)</td>
</tr>
<tr>
<td>714-763-5300</td>
<td>Anaheim CBOC</td>
</tr>
<tr>
<td>562-347-2200</td>
<td>Santa Fe Springs CBOC</td>
</tr>
<tr>
<td>949-587-3700</td>
<td>Laguna Hills CBOC</td>
</tr>
<tr>
<td>562-826-8414</td>
<td>Villages at Cabrillo CBOC</td>
</tr>
<tr>
<td>310-851-4705</td>
<td>Gardena CBOC</td>
</tr>
<tr>
<td>1-800-827-1000</td>
<td>Benefits Questions, such as GI Bill, Claim Status or Disability Benefits</td>
</tr>
<tr>
<td></td>
<td>Visit <a href="https://www.ebenefits.va.gov/">https://www.ebenefits.va.gov/</a></td>
</tr>
</tbody>
</table>