

COVID-19 Emergency Resources

COVID 19 Information:

Watch out for scams marketing any sort of cure for COVID-19!!!!

Up-to-Date information in Colorado:

[CDPHE's website](#)

General Resources:

Mental Health Colorado FREE RESOURCE list (comprehensive):

<https://www.mentalhealthcolorado.org/free-resources/>

Colorado COVID 19 General Resources:

[Tri-County Health Department's website](#)

Colorado Respite Coalition General Resources:

https://docs.google.com/spreadsheets/d/1RIGQEqXezSqMub8HG7rObfUymjA25YOVqGf6_Ul0ur0/edit?mc_cid=ba87d6eeec&mc_eid=2e3b3c2148#gid=0

General Resources: <https://onwardco.org/>

CO-HELP is Colorado's call line for the novel coronavirus (COVID-19). People who have general questions about COVID-19 can call CO HELP at 303-389-1687 or 1-877-462-2911, for answers in many languages, or email them at COHELP@RMPDC.org for answers in English.

Denver Water:

Denver Water will assist you in this time of crisis. Denver Water knows our community's response to COVID-19 will lead to economic hardships. That's why Denver Water has suspended all water shut-offs due to delinquent payments to ensure all customers have access to this vital resource.

- Customers who are concerned about being able to pay a bill should contact the Denver Water Customer Care team at [303-893-2444](tel:303-893-2444), Monday through Friday, from 7:30 a.m. to 5:30 p.m. The Customer Care team is experienced in working with customers to evaluate options, like payment plans, waiving late fees, delaying water turn-offs or connecting the customer with other resources, including Denver's [Temporary Rent and Utility Assistance program](#).

Adams County:

- Adams 12 Five Star Schools will be providing pick-up (walk up or drive-thru) breakfast and lunch meal services for children ages 1 to 18 **starting Tuesday, March 17 from 10:30 am to 1:30 pm**, Monday through Friday at the following locations:
 - Horizon High School
 - Legacy High School
 - Mountain Range High School

- Northglenn High School
- Thornton High School
- Clinica is offering **\$10 telehealth visits via phone or video call (no insurance required)**. [Click here](#) to schedule your appointment.
- Adams County offices are closed, but the **Human Services Department will continue to provide the following essential services to residents:** Adoption, Adult Protection Services, Colorado Child Care Assistance Program (CCCAP), Child Support Services, Children and Family Services, Colorado Works (TANF), Community Support Services, Foster Care, Financial Assistance Programs, Food Assistance Program, Head Start, Health First Colorado (Colorado's Medicaid Program) and Medical Assistance, Veterans Services, and Workforce and Business Center.

Employment

Information for Colorado Workers: Colorado Department of Labor and Employment (CDLE) Resources

- [Layoff/Separations](#) assistance, information and resources
- [Work-Share Program](#) may allow certain employees who have had reduced hours to claim partial unemployment benefits.
- [Unemployment Insurance](#) - During layoffs, all employees are encouraged to apply for unemployment insurance. Those who are job-attached (meaning workers will be expected to return after a separation of up to 16 weeks) should file as "job-attached."
- [Emergency Paid Leave Rule](#) - This rule is meant to limit the spread of highly contagious disease and enables workers in at-risk occupations to access testing.
- [Division of Federal Employees' Compensation: Information on FECA Coverage for Coronavirus Disease](#)
- OnwardCo: <https://onwardco.org/dynamic-matching-system/results/?tab=jobs>

Financial Resources

- *Rent Assistance*
 - TRUA (Temporary Rental and Utility Assistance) --- Denver
Helps people earning up to 80% of the median income (\$71,900 family & \$50,350 indiv)
<https://www.nedenverhousing.org/programs-services/temporary-rental-utility-assisatnce-trua/>
--- dial 311 and press 6
 - Carpenter's Cupboard - rent assistance, provide clothing and household items (Wheat Ridge)
303-431-8295
 - Catholic Charities
Rent assistance (Westminster)
720-974-1579
 - Denver Rescue Mission

First month's rent and deposit to those who are currently homeless.
303-313-2440

- *Unemployment Claims*

If you work for an employer that reduced hours or closed due to the COVID-19, you can file for unemployment:

<https://www.colorado.gov/cdle/unemployment>

- *Wage Claims*

If you did not get paid for any hours worked, you can file a wage claim -

<https://www.colorado.gov/pacific/cdle/complaint-forms>

Food

- Where kids can get food while schools are closed -

<https://chalkbeat.org/posts/co/2020/03/15/map-colorado-food-distribution-school-closure-coronavirus/>

- Call 211 for local food banks

- Hunger-Free Hotline: 720-382-2920

- Colorado Springs

- Care and Share Food Bank 719-528-1247

- **Free Grab-And-Go Supper Meals for Youth!**

As the situation regarding the Coronavirus evolves, Denver continues to fuel our youth by providing access to free grab-and-go supper meals. Grab-and-Go suppers are provided by the **Tasty Food - Where Denver Youth Eat Free** program with the City and County of Denver, Office of Children's Affairs. These meals are for youth between the ages of 1 - 18 and available on a first-come, first-served basis at 17 Denver recreation centers, Monday - Friday, 3:30 - 5:30 p.m. No ID or registration required - just swing by, grab your meal ... and go! View a full list of **Tasty Food** sites and stay informed of any additional updates by visiting denvergov.org/TastyFood. For breakfast and lunch options offered through Denver Public Schools, visit <https://www.dpsk12.org/coronavirus/#food>.

Internet

- Comcast - free internet package for 2 months

<https://www.internetessentials.com/covid19>

Medication/Patient Assistance Programs – Health Insurance – Medicaid/Medicare

Resources:

- www.MAT.org Medication Assistance Tool by PhRMA

Mental Health Services

- Colorado Crisis Line: 1- 844-493-8255
- National Suicide Prevention Line: 1-800-273-8255
- Crisis Text Line - text HOME to 741741
- Youth Support Hotline: 303-894-9000
- Depression & Bipolar Support Alliance: 1-800-826-3632
- Anxiety & Depression Association: 1-240-485-1001
- CDC managing stress/anxiety coronavirus:
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>.

Housing

- CO Housing Connects Hotline: 1-844-926-6632
- PATH (homeless with mental illness): 303-293-6506

Child Care (for hospital staff)

- Nanno.com --- https://www.nanno.com/sign_up?token=anschutz
 - Regular pricing is \$20/hour for up to 2 kids and \$25/hour for up to 4 kids but they are offering discounted rates here - https://www.nanno.com/sign_in
- ABC Nannies/College Sitters
 - 303-321-3866 (Monday – Friday 8-4)
\$29.95/hour (no registration fee), 4-hour minimum
Call for a consult, complete an online information sheet, and get matched with a sitter
- NannyPoppinz
1-877-262-6694
Contact: Susan McCloskey 703.600.9103
\$40/day agency fee plus \$15-\$18/hour for 1-4 kids
If several faculty or employees could combine some kids in the same household, that would save money

Respite Resources

- Prima2 – Day Care Facility (Arvada, CO) - Medicaid certified
www.Prima2adc.com ---- Phone: 303-420-7201
- Mile High Leaps and Bounds – Arvada --- 720-587-7195
www.milehighleapsandbounds.org
- Angels of Colorado (Aurora) – short-term, long-term, residential, and respite;
www.angelsofcolorado.org ---- 720-747-8228
- New Day – In Home Support & Respite Services, Inc. (Centennial) --- 303-841-1399
www.newdayinhome.com
- Break Time by The Resource Exchange – CO Springs --- 719-338-1718

www.tre.org/services/break-time

- Pikes Peak Respite Services – CO Springs --- Facebook.com/pikespeakrespiteservices 719-659-6344
- Zach's Place – CO Springs www.skscolorado.org/programs/children-family-services/zachs-place
- Specialized Sitters – Denver www.specializedsitter.com 303-910-4158
- Respite Care, Inc. – Fort Collins www.respitecareinc.org --- 970-207-9435
- Colorado Respite Coalition - Lakewood --- www.coloradospitecoalition.org 303-233-1666
- Megan's Place (Wheat Ridge) – Respite care, child care, and summer camp for children with disabilities --- Kristin Smock, Director of Operations – kristin@megansplacellc.org
Phone: 720-427-1979 Website: www.megansplacellc.org
- Night Owls – monthly care provided to children and siblings by trained volunteers at the Fisher Early Learning Center www.du.edu/fisher/nightowls
- Special Kids Special Families <http://www.skscolorado.org/>

Wellness

- Free Yoga online:
 - Corepower Yoga: <https://www.corepoweryoga.com/yoga-on-demand>
 - <https://www.youtube.com/user/yogawithadriene>