

Community Resources for Adams and Arapahoe Counties

These resources are intended to support you during quarantine, isolation and recovery. It is always best to call a resource before you visit to verify eligibility for their programs. You can also email COVIDresources@tchd.org for individual support if you have COVID-19.

COVID-19 County Resources

- Adams County: adamscountycovid19.org, 720-523-2800
- Arapahoe County: arapahoegov.com/2096, 303-636-1170
- Douglas County: www.douglas.co.us/health-department/covid-19/; for guidance, contact Jogan Health Solutions at DCcovid19@joganhealth.com or 720-412-4739

COVID-19 Information and Resources

- Tri-County COVID-19 website: www.tchd.org/COVID
- Tri-County Area testing: www.tchd.org/COVID19Testing
- COVID-19 treatment information: bit.ly/COVIDtreatment

Mental Health Resources

- Adams County, Community Reach Center: www.communityreachcenter.org, 303-853-3500
- Arapahoe and Douglas Counties: All Health Network, www.allhealthnetwork.org, 303-730-8858
- City of Aurora, Aurora Mental Health Center: www.aumhc.org, 303-617-2300
- Colorado Crisis Line: 844-493-8255 or Text "TALK" to 38255, <https://coloradocrisiservices.org/>
- Postpartum Support International: www.postpartum.net/colorado, 800.944.4773
- Colorado Spirit Counseling Program: covid19.colorado.gov/crisis-counseling-program

Medical Care for Individuals With or Without Insurance

- Salud Family Health Centers: www.saludclinic.org, 303-679-2583
- Clinica Family Health Clinics: www.clinica.org, 303-650-4460
- Stride Community Health Centers: stridechc.org, 303-360-6276
- Doctor's Care: doctorscare.org, 303-730-1313
- Peak Vista Community Health Centers: www.peakvista.org, 719-632-5700

Health Insurance Coverage

- Connect for Health Colorado: Purchase health insurance, get financial help to reduce costs: prd.connectforhealthco.com/nes/anonymous/letUsGuideYouHousehold
- Health First Colorado: Colorado's Medicaid program: www.healthfirstcolorado.com/apply-now/?tab=do-i-qualify Other ways to apply for Health First:
 - Colorado PEAK: www.colorado.gov/PEAK, 800-221-3943
 - County Human Services Departments:
 - Adams: 720-523-2800; Arapahoe: 303-636-1170; Douglas: 303-688-4825

Food Assistance

- Supplemental Nutrition Assistance Program (SNAP): A federal nutrition program that helps stretch your food budget and buy healthy food. Log in and apply for benefits at Colorado Peak:
- <https://peak-coloradopeak.force.com> or email SNAP@tchd.org, or call 720-292-8275

- Women Infants & Children (WIC): Provides free nutritious foods and nutrition education to improve the health of participating families including pregnant, breastfeeding and postpartum women, infants and children up to the age of 5 years: www.tchd.org/WIC
- Hunger Free Colorado: Help with applications for food assistance programs, and information about local food pantries, markets, etc.: hungerfreecolorado.org

Housing Resources

- Emergency Rental and Housing Assistance: If property owners or tenants have been unable to pay rent due to financial hardship caused by COVID-19, you may be eligible for rental assistance from the state: cdola.colorado.gov/rental-mortgage-assistance
- The Colorado Emergency Mortgage Assistance Program (EMAP) provides financial assistance on behalf of income-eligible homeowners who have experienced a financial hardship associated with the COVID-19 health crisis: cdola.colorado.gov/emergency-mortgage-assistance

Legal Assistance for Eviction

- Colorado Legal Services: Legal help for low-income Coloradans seeking assistance with civil legal needs: www.coloradolegalservices.org
- Colorado Poverty Law Project: Connects low-income individuals with free legal services to fight evictions and housing injustice: www.copovertylawproject.org
- 9to5: Legal Support for Housing: <https://9to5.org/cohousinglegalsupport/>

Pregnancy and Parenting Resources

- New Parent Information: Resources that can help make being a new parent or expecting a child a little easier: www.211colorado.org/pregnant-new-parents or
- Tri-County Health Department Nurse Family Partnership: www.tchd.org/NFP 303-255-6246

Domestic Violence and Child Abuse Safety Hotlines

- National Domestic Violence Hotline: 800-799-7233
- Colorado Child Abuse and Neglect Hotline: 844-CO-4-KIDS (800-264-5437)

Immigrant Rights

- Immigrant Defense Project: Know Your Rights with printable cards, posters and flyers: www.immigrantdefenseproject.org/kyr-card
- ACLU: Regardless of your immigration status, you have guaranteed rights: www.aclu.org/know-your-rights/immigrants-rights

Healthy Families Workplace Act (HFWA): Employee Rights to Paid Leave

- Your Rights to Paid Leave During COVID-19: There are many new rules to help keep employees safe at work during COVID-19: www.tchd.org/COVIDEmployeeRights

Find food assistance, help paying bills, and other free or reduced cost programs in your area at www.findhelp.org or at Mile High United Way 2-1-1, a confidential and multilingual service, at unitedwaydenver.org/2-1-1, by calling 2-1-1, or texting your zip code to 898-211.

Estos recursos están diseñados para ayudarle durante la cuarentena, el aislamiento y/o la recuperación. Como recordatorio, siempre es mejor llamar a un recurso antes de visitar para verificar si es elegible. ¿Es usted COVID-19 positivo y busca recursos comunitarios? Comuníquese COVIDresources@tchd.org para apoyo individual.

Recursos del condado para COVID-19

- Condado de Adams: adamscounty covid19.org, 720-523-2800
- Condado de Arapahoe: www.arapahoegov.com/2096/Coronavirus-COVID-19-Resource-Center, 303-636-1170
- Condado de Douglas: www.douglas.co.us/health-department/covid-19/; para obtener mayor información, comuníquese con Jogan Health Solutions a DCcovid19@joganhealth.com o al número 720-412-4739

Recursos de COVID-19

- Sitio web de Tri-County COVID-19: www.tchd.org/COVID
- Pruebas del área de Tri-County: www.tchd.org/COVID19Testing
- Información sobre el tratamiento de COVID-19: bit.ly/COVIDtreatments

Recursos de Salud Mental

- Condado de Adams: Community Reach Center, www.communityreachcenter.org, 303-853-3500
- Condado de Arapahoe y Douglas: All Health Network, www.allhealthnetwork.org, 303-730-8858
- Ciudad de Aurora: Aurora Mental Health Center, www.aumhc.org, 303-617-2300
- Colorado Crisis Line: 1-844-493-8255 o Texto "TALK" al 38255 serviciosdecrisisencolorado.com
- Apoyo internacional para el postparto: www.postpartum.net/en-espanol, 800-944-4773

Atención médica para personas con o sin seguro

- Salud Family Health Centers, 303-679-2583, es.saludclinic.org
- Clínica Family Health Clinics, 303-650-4460, www.clinica.org
- Stride Community Health Centers, 303-360-6276, stridechc.org
- Doctor's Care, 303-730-1313, doctorscare.org
- Peak Vista Community Health Centers, 719-632-5700, www.peakvista.org

Cobertura de seguro médico

- Connect for Health Colorado: Individuos, familias y pequeños empleadores en todo Colorado pueden usar Connect for Health para comprar seguro médico y obtener ayuda financiera para reducir los costos: prd.connectforhealthco.com/nes/anonymous/letUsGuideYouHousehold_connectforhealthco.com/es/
- Health First Colorado: El programa Medicaid de Colorado se llama Health First Colorado. Está disponible para todo individuos o familias basado en sus ingresos, www.healthfirstcolorado.com/apply-now/?tab=do-i-qualify. Hay muchas maneras de aplicar: www.healthfirstcolorado.com/es/
- Colorado PEAK: coloradopeak.secure.force.com/AGHME o llame 1-800-221-3943
- County Human Services Departments:
 - Condado de Adams: 720-523-2800
 - Condado de Arapahoe: 303-636-1170
 - Condado de Douglas: 303-688-4825

Asistencia alimentaria

- Programa de asistencia nutricional suplementaria (SNAP), es un programa federal de nutrición que le ayuda a estirar su presupuesto de alimentos y comprar alimentos saludables <https://peak--coloradopeak.force.com>, 720-717-8481, o correo electrónico SNAP@tchd.org
- Mujeres Bebés y niños (WIC) proporciona alimentos nutritivos y educación nutricional gratuitos para mejorar la salud de las familias participantes que incluyen mujeres embarazadas, lactantes y posparto, bebés y niños hasta los 5 años de edad. Visita www.tchd.org/WIC
- Hunger Free Colorado: Ayuda con las solicitudes de programas de asistencia alimentaria y responde preguntas sobre despensas de alimentos locales, mercados www.cofoodfinder.org

Recursos de vivienda

- Asistencia de emergencia para alquiler y vivienda: cdola.colorado.gov/rental-mortgage-assistance
- El Programa de Asistencia Hipotecaria de Emergencia de Colorado (EMAP) brinda asistencia financiera en nombre de los propietarios de viviendas con ingresos elegibles que han experimentado dificultades financieras asociadas con la crisis de salud COVID-19. cdola.colorado.gov/emergency-mortgage-assistance

Asistencia legal para el desalojo

- Servicios Legales de Colorado: www.coloradolegalservices.org
- 9to5 Apoyo legal para asuntos de vivienda: 9to5.org/cohousinglegalsupport
- Proyecto de ley de pobreza de Colorado: www.copovertylawproject.org

Recursos para el embarazo y la crianza de los hijos

- www.211colorado.org/pregnant-new-parents

Líneas directas de seguridad

- La Línea Nacional Contra la Violencia Doméstica: 1-800-799-7233, espanol.thehotline.org
- Línea de ayuda para reportar el abuso y la negligencia infantil en Colorado: 1-844-CO-4-KIDS, co4kids.org/es/homepage

Derechos de los inmigrantes

- www.immigrantdefenseproject.org/wp-content/uploads/2020/10/Home-Raid-community-Flyer-ESP-Mar-2021.pdf

Acta de Familias y Lugares de Trabajo Saludables: Derechos de Ausencias Laborales

- Licencia por enfermedad pagada según la Ley de Familias y Lugares de Trabajo Saludables de Colorado (HFWA): <https://cdle.colorado.gov/hfwa>
- Póster de Derechos de Salud Pública en el Lugar de Trabajo de Colorado para 2022: bit.ly/3fRElrh

Ayuda con los Impuestos

- getaheadcolorado.org/get-my-refund-es/

¿Está buscando más recursos para apoyarlo a usted o a su hogar?

Encuentre asistencia alimentaria, ayuda para pagar facturas y otros programas gratuitos o de costo reducido en su área: www.findhelp.org. Visite Mile High United Way 2-1-1, un servicio confidencial y multilingüe que conecta a las personas con recursos vitales. Puede conectarse con 2-1-1 en línea (unitedwaydenver.org/2-1-1/), marcando 2-1-1 en su teléfono, o envíe un mensaje de texto con su código postal al 898-211.