

# Quick COVID-19 Resource Guide for the Denver Community

## General Information on COVID-19

- [City and County of Denver](#)
  - Updates for everything COVID-19 related from Denvergov.org
- [Denver Dept. of Public Health & Environment](#)
  - Up-to-date, local information related to the current COVID-19 crisis
  - Links to important websites that give accurate COVID-19 related info, including:
    - [Center for Disease Control \(Federal\)](#)
    - [Colorado Dept. of Public Health & Environment \(State\)](#)
    - [Denver Health \(Local\)](#)
      - [Denver Health Locations and Contact Info](#)
- [Denver Community Asset & Resource Mapping App \(CARMA\)](#)
  - Web-based tool that provides up-to-date information about community resources available in, and around, Denver
- [Aurora City Government](#)
  - Latest COVID-19 related information in Aurora

## General Assistance Information

- [Denver 211](#)
  - Operators ready to help you find the resources you need

- Web-based search for resources near you
- [Denver 311](#)
  - Operators ready to help you find the City of Denver resources you need
- [Denver Human Services](#)
  - Food, cash, and medical assistance
  - Child care
  - Child support
  - Jobs
  - Aid for older adults
  - Shelter and housing
  - Additional assistance
- [Benefits in Action](#)
  - Food resources – whether it’s SNAP navigation and application assistance or finding open food banks and pantries
  - Access health care and need help navigating services and applying for benefits
  - Navigating and/or applying for Medicare benefits
  - Assistance paying for heat
  - Just need someone to talk to
- [Covid-19 Resource Guide for Non-Documented, Refugee, and Immigrant Communities](#)
  - Here are national and local resources in response to COVID-19 (coronavirus). Many of these resources are specific for undocumented, immigrant and refugee communities.
- [Front Range Mutual Aid](#)
  - If you are looking for help, or looking to provide help, this group can help you connect with others

## Food Assistance

- [List of Food Pantries](#)
  - Real time updates with current hours of operation
- [FoodPantries.Org](#)

- Lists food pantries in the Denver Metro Area (can search by city or zip code for closest location)
- [Denver Public Schools and Rec Centers](#)
  - Lists extended spring break food distribution sites
- [Denver Metro Emergency Food Network](#)
  - Delivers free, prepared meals to homebound families and elderly individuals in need during the COVID-19 crisis
- [COVID-19 Emergency Hunger Relief Fund](#)
  - This Fund will provide flexible resources to entities working to support the food and nutritional needs of communities who are disproportionately impacted by COVID-19 and the economic consequences of the outbreak.
- [Struggle of Love Foundation](#)
  - Drive-up food bank
  - Delivery to seniors
  - One-to-one mentoring
- [Meals on Wheels \(VOA\)](#)
  - Delivery meals to homebound seniors
- [Meals on Wheels \(Senior Hub\)](#)
  - Delivery of meals to homebound seniors
- [Hunger Free Colorado](#)
  - Connect you to food stamps, food pantries and more
- [Denver Human Services](#)
  - Help signing up for the SNAP Program (formerly known as food stamps)

## Health Supports and Guidance

- [Health Coverage for the Uninsured](#)

Department of Public Health & Environment  
101 W Colfax Ave, Suite 700 & 800 | Denver, CO 80202  
[www.denvergov.org/dphe](http://www.denvergov.org/dphe)  
p. 720.913.1311 | f. 720.865.5531 | [@DDPHE](#)

- Connect for Health Colorado has opened an emergency Special Enrollment period from Friday, March 20 thru Friday, April 3, 2020. Coloradans who are currently uninsured or about to lose coverage due to COVID-19 are able to get health insurance that starts April 1, 2020.
- [Denver Health](#)
  - Patient info
  - COVID-19 resources and education
- [Walgreens](#)
  - FAQs for the pharmacist
  - Shopping options
- [Denver Dept. of Public Health and Environment](#)
  - Great info on managing the illness
  - And much more
- [COVID-19 FAQ for Healthcare Professionals](#)
  - The Colorado Dept. of Regulatory Agencies (DORA) has created this FAQ sheet to help distill, amplify and further define information provided over the last week.

## Assistance for the Elderly

- [Denver Office on Aging](#)
  - Includes links to:
    - Denver Coordinated Workgroup (excellent list of resources)
    - Older Adult Resource Directory
    - Adult Protective Services
    - Disability services
    - And more

## Financial Assistance (and Other Supports) for Workers

- [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”.
- [One Fair Wage](#)
  - Emergency COVID-19 tipped and service worker support fund
- [Service Industry Relief Efforts](#)
  - Colorado restaurants and other food-service businesses are banding together to make sure industry workers are not left behind during the coronavirus crisis.
- [Families First Coronavirus Response Act](#)
  - The Families First Coronavirus Response Act responds to the growing health and economic crises with provisions for paid sick leave, free testing and expanded unemployment benefits. Here’s a brief description of what’s in the package.
- [IRS Free File](#)
  - Includes a number of free online filing options for both federal and state returns available for households making \$69,000 or less.
- [MyFreeTaxes.com](#)
  - Through United Way’s partnership with H&R Block, every household with [a simple return](#) can file their federal and state taxes for free (this option does not include filers who are contract workers, i.e. Uber or Lyft drivers).
- [Work-Share Program](#)
  - May allow certain employees who have reduced hours to claim partial unemployment benefits
- [Colorado Emergency Child Care Collaborative](#)
  - Are you someone whose job involves providing an essential service (health, safety, etc.) in the state of Colorado, in need of backup childcare? If so, this is the child care collaborative for you.
- [Division of Federal Employees’ Compensation](#)
  - Information on FECA coverage for COVID-19
- [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

## Workplace, Labor, and Employment Resources

- [Federal Loan Assistance for Small Businesses](#)
  - Colorado small businesses impacted by COVID-19 can now seek individual small business loans up to \$2M as part of the Small Business Administration's Economic Injury Disaster Loan program.
- [Payroll Protection Program](#)
  - A Small Business Administration loan that helps businesses keep their workforce employed during the Coronavirus (COVID-19) crisis. Small non-profits qualify for this assistance and if you are considered a sole proprietor of a small non-profit, you would qualify as well.
  - U.S. Chamber of Commerce has [a nice explanation here](#).
- [Small Business Emergency Relief Fund](#) (City of Denver)
  - Denver Economic Development and Opportunity (DEDO) is setting up an emergency relief program to provide cash grants up to \$7,500 to qualifying small businesses. The highest priority will be the industries most impacted by the coronavirus pandemic, such as the food industry.
- [Small Business Administration](#)
  - Information regarding the SBA's disaster assistance loans
- [Colorado Restaurant Association](#)
  - Resources for restaurants impacted by the COVID-19 crisis

## Mental Health Support

- [Colorado Crisis Services](#)
  - 24/7 support from licensed clinicians and peer professionals
  - Referrals to walk-in crisis centers

- Resources locator
- [Kind Connection Program](#) (Spark the Change Colorado)
  - Kind Connection brings individuals within the community together by phone to support one another during these difficult times. Our Kind Connection volunteers are equipped with relevant and accurate information, resources, and tools to help you navigate this uncertain time.
- [Colorado Mental Wellness Network #IsolationHacks](#)
  - CMWN is rolling out new ways to pass on wellness virtually. To support our community and those having a challenging time with physical distancing, we will be posting daily tips and opportunities to keep our community motivated and well.
- [Online Recovery Meetings and Platforms](#)
  - Find free online recovery help that fits you!
- [Resources for Self-Care and Calm](#)
  - Links and tools to support self-care and calm in these uncertain and unsettling times.
- [COVID-19: RESOURCES, LINKS, AND INFORMATION FOR PEOPLE WITH AND WITHOUT DISABILITIES](#)
  - This resource page provides quick links and references to answer many of your questions and calm your concerns. We have: Virtual Events, Q&A Page, Resources, Links, Info & Blogs.
- [The Blue Bench: Sexual Assault Resources and Support](#)
  - 24/7 Sexual assault hotline
- [Mental Health Center of Denver](#)
  - Mental health services
- [Aurora Mental Health Center](#)
  - Mental health services

- [Jefferson Center for Mental Health](#)
  - Mental health services
- [Community Reach \(Adams Co.\)](#)
  - Mental health services

## Housing Services

- [A Colorado Tenant's Guide to Covid-19](#)
  - This tenant's guide was put together by a local attorney who has studied the patchwork of eviction moratoriums and other proactive measures put into place throughout the state. (DISCLAIMER: This post should not be construed as legal advice, and I am not an attorney – Candi Cdebaca.)
- [Colorado Coalition for the Homeless](#)
  - Integrated housing, health care, vocational, and supportive services
- [Denver Dept. of Housing Stability \(HOST\)](#)
  - Resident and partner resources
- [Homeless Shelters Directory](#)
  - List of shelters serving the Denver homeless community
- [Temporary Rental and Utility Assistance](#)
  - For denver residents who are facing a housing crisis or hardship to prevent eviction or displacement
- [Energy Outreach Colorado](#)
  - Bill payment assistance for households across Colorado who can't afford their home energy costs
- [Denver Water](#)
  - Denver Water has suspended all water shut-offs due to delinquent payment to ensure all customers have access to their drinking water.

- [Xcel Energy](#)
  - Xcel Energy will not disconnect service to any residential customers until further notice. If you have difficulties paying your bills, contact them and they will help you set up a payment plan that works for you.

## Transportation

- [Transportation Updates \(Mobility & Access\)](#)
  - Transportation updates from the Denver Regional Mobility and Access Council.

## Phone Payment Assistance

- [Lifeline Program](#)
  - Lifeline program has provided a discount on phone service for qualifying low-income consumers to ensure that all Americans have the opportunities and security that phone service brings.

## Internet Accessibility

- [PCs for the People](#)
  - Discounted computers and low-cost internet
- [Internet Essentials](#)
  - Comcast is offering the Internet Essentials package free for low-income customers for 60 days

## Relief Funds for Non-Profit Organizations

- [Coloradans COVID Relief Fund](#) (Gov. Polis Office)
  - The Colorado COVID Relief Fund's purpose is to raise funds and coordinate the allocation of those contributions.

- Organizations helping with the response to COVID-19 will be able to apply for funds starting the week of 3/23/20.
- [Colorado Assistance Fund](#) (El Pomar Foundation)
  - Grants from the fund will be distributed to 501(c)(3) nonprofit organizations or government entities supporting access to appropriate healthcare and meeting basic human needs such as food access, rent and utilities assistance, and emergency services for individuals and communities impacted by the virus.
- [Critical Needs Fund](#) (The Denver Foundation)
  - First round of grants from the Critical Needs Fund focused on nonprofit organizations engaged in collaborative COVID-19 work, with an emphasis on organizations that may not have access to federal relief funding.