**Health Care**  In case of medical emergency **CALL 911**

If you or someone in your home is feeling sick: Stay home and contact your healthcare provider. If you do not have a healthcare provider, call 970-777-2800 to schedule testing.

More information about Covid-19: [ECemergency.org](http://ECemergency.org)

To ask questions about Covid-19: Call 970-328-9750 or email CovidQuestions@eaglecounty.us

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**FOOD**

Roaring Fork School District:  
**Grab & Go Free Breakfast & Lunch**

Mobile food pantries:  
Wednesdays 12pm-2pm at Aspen Middle School  
Thursdays 12pm-2pm at Basalt Middle School

**Food Bank of the Rockies:**  
[www.Foodbankrockies.org](http://www.Foodbankrockies.org), 970-464-1138  
All food banks are drive-thru  
Every Thursday, 11 a.m.  
Location to be determined

**Safety**  In case of immediate danger **CALL 911**

Children: Call the 24/7 hotline at 844-CO-4-KIDS (844-447-4442) to report child abuse or neglect.

Adults: Call the 24/7 hotline at 844-447-4442 to report abuse or neglect of an at risk adult call.

Domestic Violence/Sexual Assault: Call the Response 24/7 hotline at 970-925-7233 to access help.

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**Behavioral Health**

The Hope Center: Call the HopeLine at 970-925-5858 to reach an on-call mental health clinician 24/7.

Mind Springs Health: Mental Health Support Line  

Colorado Crisis Services: Call 844-493-8255 or text “TALK” to 38255 for free confidential, professional support 24/7.

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**Financial**

State & Federal Programs: Apply online for all state and federal food, medical, child care, energy, and cash assistance programs at [Colorado.gov/Peak](http://Colorado.gov/Peak) or call 970-328-8888 with questions.

For help with rent and other financial needs:

Salvation Army: 970-945-6976

Catholic Charities: 970-384-2060

The Family Resource Center of the Roaring Fork School District: 970-384-6000

Valley Settlement: [www.valleysettlement.org](http://www.valleysettlement.org)

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**Parenting**

This is a stressful time for families. If at any time you find yourself feeling overwhelmed, frustrated or angry when you are caring for an infant or child try to:

Pause, take a breath and calm yourself down  
If possible, leave the child in a safe place and leave the room for a few minutes.  
Call a family member or friend.

Parenting Advice, Fun Activities and Early Learning Resources:

- Early Childhood Network
- CO Early Learning & Development
- Aha! Parenting
- ZERO to THREE

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*If you feel it is not safe for you, your children or any adult or child you care for to stay in your home...call 911*

Revised 4/30/20