



# Roaring Fork Valley COVID-19 Resources & Support For You and Your Family

Life can be tough. Right now it is more stressful than ever for many of us. **YOU ARE NOT ALONE.** There are resources and supports to help you, your family, your friends and your neighbors stay healthy, stay safe, stay calm and stay connected while you stay at home in Eagle County.

## 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](https://www.eaglecounty.us/health-care/covid-19)

**To ask questions about Covid-19:** Call 970-328-9750 or email [CovidQuestions@eaglecounty.us](mailto:CovidQuestions@eaglecounty.us)

## 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.

## 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 1-877-519-7505. Aspen Office 970-920-5555. Glenwood Office 970-945-2583.

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

## Financial

**State & Federal Programs:** Apply online for all state and federal food, medical, child care, energy, and cash assistance programs at [Colorado.gov/Peak](https://www.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)

## 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

**Lift-Up:**  
[www.liftup.org](http://www.liftup.org), HQ in Rifle, 970-625-4496  
Converted to drive-thru format, pre-packaged food bag provided.  
Parachute (201 E 1st Street) on Thu, 2 p.m.  
Rifle (Rifle Fairgrounds) on Wed & Fri, 2 p.m.  
New Castle (Elk Creek Elementary Parking Lot) on Wed & Fri, 2 p.m.  
Glenwood (Glenwood Springs High School, South Parking Lot) on Mon & Thurs, 2 p.m.  
Carbondale (Third Street Center Parking Lot) on Mon & Thurs, 2 p.m.

**Food Assistance (SNAP) Application**  
[Colorado.gov/PEAK](https://www.colorado.gov/PEAK)

## 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](#)

*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*