



SAN MIGUEL COUNTY

COVID-19 RESOURCES

YOU ARE NOT ALONE.

Here are some resources and support to help you stay healthy, safe, strong and connected.

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

If you or someone in your home is feeling sick: Stay home and call the Telluride Medical Center at 970-728-3848 or the Uncompahgre Medical center at 970-327-4233 to schedule testing.

More information about Covid-19:

sanmiguelcountyco.gov/590/Coronavirus

To ask questions about Covid-19: Call 970-728-3844 or email questions@sanmiguelcountyco.gov

Telluride Medical Center - 970-728-3848 or tellmed.org

Uncompahgre Medical Center - 970-327-4233

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.

Domestic Violence/Sexual Assault: Call the San Miguel Resource Center 24/7 hotline at 844-816-3915 to access help.

Financial

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

For help with rent and other financial needs:

The Good Neighbor Fund: Visit tchnetwork.org/gnf-application/ or call 970.708.7967 or email GNF@tchnetwork.org for rent, utilities, mental health funding assistance.

Telluride Human Society Pet Emergency Assistance Fund: telluridehumansociety.com/pet-emergency-assistance-fund/

One Fair Wage Emergency Fund: ofwemergencyfund.org/ for tipped and hourly workers.

Region 10 Small Business Resource Center: region10.net/businesses-resources/sbdc-consulting/

Behavioral Health

Center for Mental Health: Call the Support Line at 970-252-6220 to reach an on-call mental health clinician 24/7. centermh.org/covid19/

Colorado Crisis Service: Mental Health Support Line 844-493-TALK or text TALK to 38255.

Tri-County Health: Free therapy available! Call 970-708-7096 For help finding a therapist and other resources, visit <https://tchnetworkdirectory.org/>

San Miguel Behavioral Health Solutions: For help finding a therapist, paying for mental health services, visit sanmiguelbehavioralhealth.org/

FOOD

Food Pantries

Telluride: Angel Baskets - Thursdays 3-6pm
On Aspen St. behind Second Chance Thrift Store, Telluride

Norwood: Christ in FOCUS – Thursdays 3-5pm
1472 S. Spruce Street, Norwood

West End: Monday, Thursday & Friday, 9 am - 4 pm
School Lunches for kids from any district: 12 - 2 pm Mon – Fri
West End Family Link Center - 970-864-2245

Telluride School District:

School Lunches for kids: Mon – Fri. Pick up THS 11:00am – 11:30am
Must sign-up 24 hours in advance: tchnetwork.org/covid-19-client-intake/

Questions call TCHNetwork at 970-239-1038

Home Delivery

Telluride, Mountain Village, Placerville: Call 616-916-9506 or visit tchnetwork.org/home-delivered-meals/ for people who are high-risk, vulnerable, in isolation or quarantine.

Other

Norwood: VOA Senior Meals - 970-874-7661
Monday, Tuesday and Thursday from 11:30AM to 1PM

Mountain Village: Farm to Community
townofmountainvillage.com/green-living/incentive-programs/farm-to-community/

Food Assistance (SNAP) Application: Colorado.gov/PEAK or for help with the application call THCNetwork at 970-708-7096

Food Resources During COVID-19 Outbreak: hungerfreecolorado.org/covid-19/

Women, Infants & Children (WIC) Program: sanmiguelcountyco.gov/222/Infant-Child-Services

Clinics: Telluride - Monday and Thursday

Norwood – Thursday

Please call 970-728-4289 for an appointment.

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:

Wilkinson Public Library: telluridelibrary.org/resources-for-parents-kids/

Early Childhood Partners: earlychildhoodpartnerscolorado.org/

CO Early Learning & Development: earlylearningco.org/