A resource guide for Southwest Virginia Communities affected by the COVID-19 Pandemic
COVID-19 Information and Resources

Center for Disease Control

CDC Frequently Asked Questions

Caring for a loved one can take an emotional toll, especially during the #COVID19 outbreak. Feeling overwhelmed? Connect with family, friends, or a healthcare professional. Call 1-800-985-5990 or text TalkWithUs to 66746.

CDC resources for coping with stress during the outbreak

National Alliance on Mental Illness
https://nami.org/covid-19-guide

The National Child Traumatic Stress Network

Child Savers Coronavirus Resources
https://childsavers.org/coronavirus-resources-rva/

Virginia Department of Health

Virginia Department of Social Services
https://www.dss.virginia.gov/geninfo/corona.cgi

Virginia Chamber of Commerce
https://www.vachamber.com/covid-19/

Virginia Community Capital
https://www.vacommunitycapital.org/navigating-covid-19/
For Parents: How to Help Your Children

How to Talk to Teens About the New Coronavirus
https://www.health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192

Talking to Kids About the Coronavirus
https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111

Talking to Children About COVID-19 (Coronavirus): A Parent Resource

Supporting Families During Covid-19
https://childmind.org/coping-during-covid-19-resources-for-parents/

How to Help Your Teenager Manage Stress During COVID-19 Pandemic

Helping Children and Teens Cope with Anxiety About COVID-19

Combatting Stress and Anxiety in Family Life During Covid-19
https://news.ncsu.edu/2020/03/combating-stress-covid/
COVID-19 Tips for Wellbeing

Managing COVID-19 Anxiety
https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources
Health & Well-Being

Managing Stress and Anxiety

Teen Mental Health Toolbox
http://teenmentalhealth.org/toolbox/

Q&A on COVID-19 and Mental Health
https://www.youtube.com/watch?v=zDx1Lkk5c4
Activities & Exercises for Stress Reduction

COVID-19: Tips for Mindfulness & Coping with Anxiety

Headspace Free Meditations
https://www.headspace.com/covid-19

Free Guided Meditations and Exercises

Compassion Based Exercises
https://www.compassionatemind.co.uk/resources/exercises

Art Resources During Covid-19
https://culturela.org/programs-and-initiatives/arts-resources-during-covid-19/

LGBTQ Online Resources for Challenging Times
https://www.genderspectrum.org/blog/resources-for-challenging-times/
Early Childhood Resources

Free Evidence-based Social-emotional resources for parents of preschoolers
Acorn Dreams

Resources for infants and toddlers
https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus

New Baby tips
Crisis Resources

If you feel suicidal, you can get confidential, judgment-free help from the National Suicide Prevention Helpline if you call 1-800-273-8255 or text ASKUS to 741741

What To Do If You Are In Crisis
https://www.goodtherapy.org/in-crisis.html

The Trevor Project for LGBTQ Youth
https://www.thetrevorproject.org/get-help-now/

ChildSavers 24/7 Immediate Response hotline is available for mental health and trauma crises involving children and can be reached for free service at 804-305-2420.

- If you or someone you know is a danger to themselves or others, please call 911.
- Contact the emergency services number for your local community services board. At that page, you can search by city, county or zip code to find the community services board in your area.
- Suicide Prevention Lifeline (800) 273-TALK or (800) SUICIDE
- Text “NAMI” to 741741 if you are having suicidal thoughts or urges.
Food Resources

Food and Nutrition Access

Children and students 0-18 years old
- Text “Food” or “Comida” to 877-877 (No Kid Hungry)
- For Schools - daily meal distribution location updates
- For Families - School Meal Finder
  https://schoolmealfinder.hoonuit.com/?filter_state=va

Families and seniors
- Visit www.commonhelp.virginia.gov to apply for social services
- Visit www.vafoodbanks.org for regional food assistance
- Call 2-1-1 or visit 211virginia.org

CACFP and WIC
- https://www.myvawic.org/
- WIC helpdesk number 877-835-5942

Feeding Southwest Virginia
- https://www.feedingswva.org/fightcovid19/
- Feeding SWVA - Find a Food Pantry Near You

Families First/TANF provides temporary cash benefits to families who have children and are experiencing financial difficulties. Call 1-866-311-4287 or visit the website for more information and to live chat.
https://www.dss.virginia.gov/benefit/tanf/
Community Resources

Education
Skillshare is currently offering free K-12 classes, content, and community workshops. https://www.skillshare.com/blog/company/were-in-this-together-and-we-want-to-help

Transportation
LyftUp ride access program: https://www.lyft.com/lyftup

Utilities
For help with paying bills, search here for available resources available in your county (rent assistance, energy bills, electric/ heating, medical bills, mortgage assistance). https://www.needhelppayingbills.com/html/virginia_assistance_programs.html
Financial

CARES Act Resources
Organizations, including nonprofits, can begin applying for payroll protection loans today. These loans, if used to cover payroll and other allowable expenses, are eligible for forgiveness. If you are considering applying for a loan but don’t know where to start and your bank is an SBA (small business authority) lender (most are) they can walk you through the process.

- **What the stimulus package means for nonprofits** (The Chronicle of Philanthropy)
  This is a high-level overview of how the CARES Act impacts nonprofits. It includes information on donations, as well as business loans.
- **Loans Available for Nonprofits in CARES Act** (National Council of Nonprofits)
  Under the CARES Act, nonprofits can apply for business loans. This grid provides an overview of the loans available including information on how to apply.
- **COVID-19 and CARES Act FAQ for Health Centers** (Health Resources and Services Administration – HRSA)
  HRSA’s FAQ page, which is updated daily, includes information for health centers around funding during COVID-19. The FAQ includes information on who is eligible for the additional funding, the duration of the funds, and how to apply.
- **CARES Act in the States: Targeting New Health Funding in a Time of Crisis** (National Academy for State Health Policy)
  This is an analysis of state considerations for spending the CARES Act funding. It includes information related to how the funding can be used for public health, including Medicaid.

Small Business Owners Guide to the CARES Act, read this quick FAQ, or apply to see if you are eligible

Payroll Protection Program applications are being handled by banks. Apply at a participating local bank ASAP for consideration for this program as funding is limited.

https://www.sba.gov/page/disaster-loan-applications
IRS Free File
Virginia Health Catalyst resources for COVID-19


CVS and Walgreens free delivery of prescription medications

Virginia Department of Health resources for COVID-19 [Mount Rogers Health District](http://www.vdh.virginia.gov/mount-rogers/)
Child Care


Early Education Business Consultants
https://www.earlyeducationbusiness.com/

Virginia Early Childhood Foundation Resources
https://www.vecf.org/resources-from-previous-webinars/

A Guide for Virginia Child Care Providers to Navigate the COVID-19

Child Care Aware of Virginia
https://www.childcareaware.org/state/virginia/

COVID-19 Online Training for Virginia ECE Professionals
https://institute-for-childhood-preparedness.teachable.com/p/coronava?fbclid=IwAR1BQtlD5f1et4JiXDljY6lVOnDomWrhZYX2twyg-qmZvTQ6MAQBaD4Q84

NAEYC’s COVID-19 resources
https://www.naeyc.org/resources/topics/covid-19

Institute for Childhood Preparedness
https://www.childhoodpreparedness.org/

Harvard Center on the Developing Child COVID-19 resources

The Virginia Department of Social Services
https://www.dss.virginia.gov/geninfo/corona.cgi
Additional Resources

Local foundations and governments are also rallying to support businesses and families in their regions. Here are a few links to resources that may apply to you:

**United Way of Southwest Virginia** is responding to the needs of our communities experiencing detrimental economic effects related to the COVID-19 pandemic. [United Way of Southwest Virginia’s Covid-19 Relief Fund](https://www.unitedwayswv.org/covid-19)

**Montgomery County**
[Montgomery County](http://montgomerycountyva.gov/)

**New River Valley**
[New River Valley Community Foundation](http://www.newrivervalleycommunityfoundation.org/)

**United Way New River Valley**’s Covid-19 Impact Fund is available to all nonprofits in the New River Valley: [unitedwaynrv.org/covid-19-application](https://unitedwaynrv.org/covid-19-application)

**Bristol**
[https://servingtricities.org/](https://servingtricities.org/)

**Carroll County**

**Dickenson County**
[https://www.dickensonva.org/DocumentCenter/Index/169](https://www.dickensonva.org/DocumentCenter/Index/169)

**Wise County**
[https://www.wisecounty.org/](https://www.wisecounty.org/)

**Buchanan County COVID-19 Disaster Response Fund**
[https://www.cfneia.org/giving/find-a-fund/3364](https://www.cfneia.org/giving/find-a-fund/3364)
Tazewell County
https://www.townoftazewell.org/covid-19-resources-for-small-businesses/

Washington County
http://winwashingtoncounty.org/coronavirusresources

Floyd County
https://floydcova.org/floyd-county-departments/emergency-management/

Giles County
https://virginiasmtnplayground.com/update-from-giles-county-administration/

Galax/Grayson/Carroll Twin County Community Resource Guide
https://onedrive.live.com/view.aspx?resid=D51A34D45B3C79E5!286&ithint=file%2cxlsx&authkey=!ArgFlkG-_Yc6ceA

Lee County
http://www.leegov.com/covid-19

Norton City
http://www.nortonva.gov/covid19

Pulaski County
http://www.pulaskicounty.org/covid-19.html

Russell County
https://www.russellcountyva.us/259/COVID-19

Radford County
https://www.radfordva.gov/1157/COVID-19-Updates
Scott County
http://www.scottcountyva.org/

Smyth County
http://www.smythcounty.org/index.htm

Virginia Department of Health-Lenowisco
http://www.vdh.virginia.gov/lenowisco/

Virginia Department of Health-Cumberland Plateau
http://www.vdh.virginia.gov/cumberland-plateau/

Virginia Department of Health-New River Valley

Virginia Department of Health-West Piedmont
http://www.vdh.virginia.gov/west-piedmont/

Bland County

Wythe County

Virginia Department of Education
http://www.doe.virginia.gov/support/health_medical/office/covid-19.shtml?fbclid=IwAR0iI5utg6YFysdXL5uf42FgWLV3SCzfIXYsbu_oalX5SF3y5X9Z4BD8Pa8#resources

Child Care Providers are eligible to apply for resources through the recent Economic Stimulus Package including several options of small business loans of which 8 weeks of payroll, mortgage/rent & utility payments, are eligible for loan forgiveness. Find more information in the Small Business
Owners Guide to the CARES Act, read this quick FAQ, or apply to see if you are eligible. Loans can also be accessed through a participating local bank for easier access and are awarded on a first come first served basis.

Virginia’s 2-1-1
Need other types of help? Call 211 or visit 211virginia.org to see other programs available throughout the state.

Community Service Boards
Check the Virginia Association of Community Service Boards to find a board close to you.

Virginia Department of Social Services (VDSS)
The Virginia Department of Social Services has launched a new COVID-19 website and mobile app. Find it here: https://covid.virginia.gov/