

2020

Southwest Virginia COVID-19 Resource Guide

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



**United Way of
Southwest Virginia**

COVID-19 Information and Resources

Center for Disease Control

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

CDC Frequently Asked Questions

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

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

<https://bit.ly/39UVoEj>

National Alliance on Mental Illness

<https://nami.org/covid-19-guide>

The National Child Traumatic Stress Network

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

Child Savers Coronavirus Resources

<https://childsavers.org/coronavirus-resources-rva/>

Virginia Department of Health

<http://www.vdh.virginia.gov/coronavirus/resources-and-support/>

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

https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19?ck_subscriber_id=342989428%c2%a0

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

<https://www.pediatrics.wisc.edu/uw-pediatrician-how-to-help-your-teenager-manage-stress-during-covid-19-pandemic/>

Helping Children and Teens Cope with Anxiety About COVID-19

<https://pulse.seattlechildrens.org/helping-children-and-teens-cope-with-anxiety-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

<https://www.cis.tennessee.edu/covid-19-resource-dashboard/covid-19-tips-well-being>

Managing COVID-19 Anxiety

<https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>

Health & Well-Being

Managing Stress and Anxiety

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Teen Mental Health Toolbox

<http://teenmentalhealth.org/toolbox/>

Q&A on COVID-19 and Mental Health

<https://www.youtube.com/watch?v=zDx1LKkk5c4>

Activities & Exercises for Stress Reduction

COVID-19: Tips for Mindfulness & Coping with Anxiety

<https://newsnetwork.mayoclinic.org/discussion/covid-19-tips-for-mindfulness-coping-with-anxiety/>

Headspace Free Meditations

<https://www.headspace.com/covid-19>

Free Guided Meditations and Exercises

<https://centerformsc.org/practice-msc/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

<https://www.healthychildren.org/English/ages-stages/baby/crying-colic/Pages/Tips-for-Coping-with-a-New-Baby.aspx>

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
http://www.doe.virginia.gov/support/health_medical/office/covid-19-faq.shtml#nutrition
- 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

<https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>

Health

Virginia Health Catalyst resources for COVID-19

[COVID-19 resource page](#)

CVS and Walgreens free delivery of prescription medications

<https://www.forbes.com/sites/brucejapsen/2020/03/12/walgreens-joins-cvs-waiving-drug-delivery-fees-amid-coronavirus-crisis/#4549475d51e3>

Virginia Department of Health resources for COVID-19 Mount Rogers Health District

<http://www.vdh.virginia.gov/mount-rogers/>

Child Care

Guidance documents and FAQs related to child care and COVID-19 can be found at www.childcareva.com and www.doe.virginia.gov.

Early Education Business Consultants

<https://www.earlyeducationbusiness.com/>

Virginia Early Childhood Foundation Resources

<https://www.vecf.org/vecf-response-to-covid-19-updates-2/>

<https://www.vecf.org/resources-from-previous-webinars/>

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

https://www.vecf.org/wp-content/uploads/2020/04/Child_Care_Guide.pdf

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=IwAR1BQtID5f1et4JiXDLjY6lVOnDomWrhZYX2twyg-qmZvTQ6MKAQB aD4Q84>

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

<https://developingchild.harvard.edu/stress-resilience-and-the-role-of-science-responding-to-the-coronavirus-pandemic/>

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](#)

Montgomery County

[Montgomery County](#)

New River Valley

[New River Valley Community Foundation](#)

United Way New River Valley's Covid-19 Impact Fund is available to all nonprofits in the New River Valley: unitedwaynrva.org/covid-19-application

Bristol

Bristol's Promise COVID-19 Response page: <https://cutt.ly/etlcWLP>

<https://servingtricity.org/>

Carroll County

<http://carrollcountyva.gov/>

Dickenson County

<https://www.dickensonva.org/DocumentCenter/Index/169>

Wise County

<https://www.wisecounty.org/>

Buchanan County COVID-19 Disaster Response Fund

<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-administrati
on/](https://virginiasmtnplayground.com/update-from-giles-county-administrati
on/)

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

<http://www.vdh.virginia.gov/new-river/>

Virginia Department of Health-West Piedmont

<http://www.vdh.virginia.gov/west-piedmont/>

Bland County

https://www.blandcountyva.gov/news/article/march/16/2020/public-service-announcement--coronavirus-%28covid_19%29-update/

Wythe County

<http://www.wytheco.org/index.php/2-uncategorised/515-mount-rogers-health-district-announces-community-transmission-of-covid-19>

Virginia Department of Education

http://www.doe.virginia.gov/support/health_medical/office/covid-19.shtml?fbclid=IwAR0il5utg6YFysdXL5uf42FgWLV3SCzflXYsbu_oaIX5SF3y5X9Z4BD8Pa8#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/>