

Community Resources for Those Impacted by Coronavirus (CoVid-19)

Link to the Community Resources listed below at www.summitcounty.org/coronavirus

Updated 6/16/2020

Contact Lisa Yoder, Summit County, to update resources: (435) 333-1536 lyoder@summitcounty.org

Please, when you're in public places, wear a mask. Doing so will help protect you and others as we work to keep Utah healthy and safe.

"A Mask for Every Utahn" is a state of Utah initiative, in partnership with the Utah Manufacturers Association, to help Utahns who may not have a face mask to get one before returning to the workplace or going out in public. "A Mask for Every Utahn" initiative is focused on:

1. People who do not have a mask.
2. People unable to make a mask or get one from someone.
3. People who cannot purchase a mask

The state will provide a mask for people who fit the above situation. Follow link to coronavirus.utah.gov/mask to fill out a web form to request a mask. The state will mail, at no cost to the resident, up to 6 masks to each residential address. It may take up to three weeks to receive the masks.

If you have mild symptoms or no symptoms, staying home and practicing Social Distance (staying 6 feet away from people) are the best ways to stop the spread of COVID-19.

For mild to moderate symptoms, area residents can be screened by calling the COVID-19 hotline at (844) 442-5224 or visiting Park City Hospital, 900 Round Valley Dr, Park City, Monday through Friday from 9:00 am – 5:00 pm on Saturdays; Sundays from 12:00 pm- 6:00 pm.

For more information related to CoronaVirus, Visit: Intermountain Healthcare/Coronavirus



Park City Community Foundation is offering a fund which people can support people impacted by CoVid- 19. Funds are for health and social service nonprofits in Greater Park City and will be deployed with community feedback and as fast as possible.

Contact: **Community Response Fund**, Diego Zegarra, 801-419-3393, diego@parkcitycf.org
<https://parkcitycf.org/communityresponsefund/>



PEOPLE'S HEALTH CLINIC- Provides quality no cost health care to the uninsured residents of Summit and Wasatch County. We provide an array of services from chronic disease management to prenatal care...no emergency services. We are located at 650 Round Valley Drive in the Health Department Building.

Contact: People's Health Clinic (435) 333-1850 www.peopleshealthclinic.org
Beth Armstrong, Executive Director (435) 333-1875

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Christian Center of Park City has community services in response to CoVid-19.

Click here for info: <https://www.ccofpc.org/category/community-announcements/>

Food Pantries in Park City and Heber

For those who need food, please sign up here: <https://www.ccofpc.org/fighting-hunger/>

Basic Needs Assistance

If you need rent assistance, help with utility bill, power bill, click here: <https://www.ccofpc.org/basic-needs-assistance/>

Counseling and Wellness Services available

Existing patient, please contact your therapist directly.

New patients and those with questions regarding your appointment, please contact Heather Ledbetter, our Counseling Center Administration, Monday - Friday, 8 a.m. - 4 p.m. Call 435-649-2260, ext. 1 or email her at counseling@ccofpc.org.

If you find yourself in crisis, please call 833-995-1295 or go to the Access Center at the LDS Hospital in Salt Lake City, the Park City Hospital or the Heber Valley Hospital.

Basic Information for SNAP (Food Stamps) SNAP offers nutrition assistance to buy healthy food. You may be eligible for the Supplemental Nutrition Assistance Program (SNAP) but you need to talk to an eligibility specialist about your eligibility.

1. You are encouraged to apply for SNAP today.
2. Benefits start with the day of application.
3. Website: <https://jobs.utah.gov/customereducation/services/foodstamps/index.html>

Park City School District will provide free "[grab-and-go breakfast and lunch bags](#)" at Ecker Hill Middle School and Treasure Mountain Junior High, from 7:30 AM to 11:00 AM, Monday through Friday as long as the school dismissal lasts.

South Summit School District Student Meals During School Dismissal

IF YOU NEED A SCHOOL LUNCH YOU MUST EMAIL tclegg@ssummit.org or call 435-783-4301 Ext. 3310. Please remember that you can pick up lunch and breakfast each morning starting Wednesday, March 18 through Friday March 20th and the week of March 23rd - March 27th from 8:00 a.m. to 11:00 a.m. at the SS Middle School.

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If you are unable to pick up lunch/breakfast, please email tclegg@ssummit.org or call 435-783-4301 Ext. 3310 and she will make alternative arrangements. Meals are free for all students.

North Summit School District PICK UP Breakfast and Lunch for current North Summit students

To arrange to PICK-UP breakfast and lunch meals packed in sacks, email Robin Wilde @ rwilde@nsummit.org by 7:00PM for the next days meals. In your email to Robin please include **student's name, food restrictions, contact information, and any questions you may have.** We are unable to take payment at the time of pick up. We are only able to provide lunches for current North Summit Students, and breakfast for Elementary and Middle school Students.

All lunch pick-up will be at the **North Door of North Summit Middle School.** Robin will provide pick-up times in her email response back to you.

Saint Mary's Catholic Church, Park City, UT

Contact: Killian Beeler via cell phone 903-521-8934

- Rental and utility assistance payments may be available
- Food bank stocked with canned, non-perishables and staple items. Currently open Tuesdays, 12:00 PM – 4:00 PM at their Old Town Chapel, 121 Park Ave, Park City, UT (435) 649-9676
- Mothers' Ministry – Serving new and expectant mothers and can provide formula.

Utahns Against Hunger has compiled a list of information SNAP (Food Stamps), WIC, Senior Congregate Meals, a **County-Level listing of Food Resources** and School Meals information at [UAH's Newsletter](#)



Jewish Family Service
Caring For All Utahns Since 1872

Mental Health:

Counselling being offered via computer, new clients being accepted

Support group meeting virtually every Wed morning for individuals dealing with anxiety, depression

Mindfulness groups

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Older Adult Services (All services being offered via Zoom)

Caregiver Support Groups offered four times a month for those caring for a loved one with Alzheimer's and other forms of dementia

Activity Group for those with Alzheimer's and other forms of dementia

Gleeful Choir meets weekly every Wednesday afternoon

Individual Counseling

Safety Net Program: providing financial assistance for rent, utilities, medical needs

All programs can be accessed by calling our office (435) 731-8455 or (801) 746-4334

Resources for Summit County Senior Citizens

The Senior Centers are closed, however, meals are being distributed curbside at each center. Please call the center before 9:30 AM to order meals for pick up at each Senior Center as follows:

South Summit Senior Center (Kamas): Monday and Thursday from 12:00-12:30 pm

110 N Main Street #4, Kamas, UT (435) 783-4311 Email: sseniors@summitcounty.org

Park City Senior Center: Monday and Thursday from 1:00-1:30 pm

1361 Woodside Ave, Park City, UT (435) 649-7261 Email: pcseniors@summitcounty.org

North Summit Senior Center (Coalville): Wednesday and Friday from 12:00-12:30 pm

150 Park Rd, Coalville, UT (435) 336-2622 Email: nsseniors@summitcounty.org

During this time of uncertainty, we want to make sure our seniors are not going with-out. If you are aware of anyone 60 years or older in need, or someone who needs meals delivered to them, please contact Jessica Wilde, Senior Director, 801-644-1343

MAG, Aging & Family Services is coordinating delivery of home-delivered meals for seniors age 60 and older throughout Summit County. Also, coordinates the HEAT program for utility assistance. This is an income eligible program. Links to information about guidelines and how to apply online are included on our website. The website is www.mountainland.org/aging and www.mountainland.org/heat.

Salt Lake Region Small Business Development Council is offering COVID-19 Disaster Assistance for Small Business

- For companies that currently have a 7(a) or 504 business loan, you may be able to defer payments on your loan for up to six (6) months if your company is experiencing temporary cash flow issues during this COVID-19 crisis. To determine eligibility, contact the lending institution that is currently

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administering your loan, or contact Don MacMillan at the SBA Utah District Office at 801-524-3226 donald.macmillan@sba.gov.

- Small businesses that are adversely affected by this COVID-19 crisis, and are not able to obtain credit elsewhere, may be able to qualify for an SBA Economic Injury Disaster Loan. These loans have an interest rate of 3.75%. Proceeds can be used to pay fixed debts, payroll, accounts payable and other items that cannot be paid due to the crisis. For more info., go to <https://www.sba.gov/disaster-assistance/coronavirus-covid-19> or contact SBA's disaster contact assistance service center at 1-800-659-2955 or disastercustomerservice@sba.gov.

Facebook Small Business Grants Program

Facebook is offering \$100M in cash grants and ad credits for up to 30,000 eligible small businesses in over 30 countries where we operate. Facebook will begin taking applications in the coming weeks. In the meantime, you can sign up to receive more information when it becomes available here: [Facebook Small Business Grants Program](#)

Adobe is offering free for the next 90 days Adobe Connect, which is a free video and phone conferencing resource for up to 25 participants. Please feel free to take advantage of this if you need it <https://blogs.adobe.com/adobeconnect/2020/03/adobe-connect-extending-support-in-the-wake-of-covid-19.html>

Disaster Distress Helpline

Substance Abuse and Mental Health Services Administration provides the [SAMHSA's Disaster Distress Helpline](#). This is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster.

The helpline is staffed by trained counselors that can help provide crisis counseling for people in emotional distress related to ANY natural or human-caused disaster (both COVID-19 & the Magna earthquake). They can provide information on how to recognize distress and its effects, tips for healthy coping, and referrals to local crisis centers for additional follow-up and care.

Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor. <https://www.samhsa.gov/find-help/disaster-distress-helpline>

Deaf/Hard of Hearing

- Text TalkWithUs to 66746
- Use your preferred relay service to call 1-800-985-5990
- TTY 1-800-846-8517

Spanish Speakers En Español <<https://www.samhsa.gov/find-help/disaster-distress-helpline/espanol>>

- Call 1-800-985-5990 and press "2"
- From the 50 States, text Hablanos to 66746; From Puerto Rico, text Hablanos to 1-787-339-2663

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Resilience and Well Being During Corona Virus

- **Intermountain Employee Assistance Program:** 1-800-832-7733 (Video Counseling Sessions Available)
 - **Suicide Prevention Lifeline** – 1-800-273-TALK
 - **Primary Care Provider/Connect Care** - 844-624-4686
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CONNECT Summit County

In response to the increased mental health needs of our community during this time of COVID-19, CONNECT Summit County has the following resources available at no charge to all members of the community.

If you need help finding local mental health resources, services, support and/or treatment, please give our friendly and confidential Peer Navigation Services a call at 435.776.HELP (4357) or send an email to

Resources@ConnectSummitCounty.org

For updated resources related to COVID-19, please see our COVID-19 Tool Kit. <https://connectsummitcounty.org/covid-19-resources/>

Check out the 'Creating Connection' May Mental Health Awareness Month Tool Kit with free access to a wide variety of information, tools and ideas that support mental wellness, self-care and creating connection, including recorded webinars and helpful interactive tools, a book list, music list and more! <https://connectsummitcounty.org/creating-connection-resources-for-mental-health-awareness-month-2020/>

A new Emotional Health Relief Hotline is available for the community

Intermountain has launched the Emotional Health Relief Hotline for community members. The hotline is a free resource for those seeking emotional health guidance during these uncertain times. Callers are connected with a trained caregiver who can provide appropriate self-care tools, peer supports, treatment options, crisis resources, and more.

To access the service, call 833-442-2211, 7 days a week, from 10 am to 10 pm.



Our domestic violence victim services are operating including our 24/7 HELPLINE, emergency shelter, legal advocacy services, case management and therapy. To promote social distancing, we are implementing flexible client care and using technology to support some services. We know how important it is to continue to provide these services for individuals and families, and we are working to reduce any barriers a victim may have to accessing support. Many vulnerable families have faced additional stress and uncertainty, because of COVID-19 physical isolation measures, caring for children at home, and losing sources of income. There has been a significant increase in calls for crisis help, safe housing, counseling, referrals, and emergency financial assistance.

Peace House is here for you: if you, or someone you know, is experiencing domestic violence, dating violence, sexual assault or stalking, please call our 24/7 HELPLINE at 1-800-647-9161. All services are free and confidential.

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READING RESOURCES

CDC	Reading Resource: Helping Children Cope with Emergencies	https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html
CDC National Association of School Psychologists	Reading Resource: Talking with Children about COVID-19	https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html
Anxiety and Depression Association of America	Coronavirus Anxiety – Helpful Expert Tips and Resources	https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources

Summit County Library – Activities and Access to ignite curious, advance knowledge and support community: <https://www.thesummitcountylibrary.org/>

The [Joy4All project](#) is a free hotline created by students as a means of comforting quarantined seniors across North America. However, people of all ages are encouraged to **dial 1-877-JOY-4ALL in order to enjoy the regularly updated selection of jokes, stories, guided mediations, and educational messages.**

The youngsters from the Ever Active Schools recreational leadership program, run by the Calgary Board of Education, created the free hotline.

State Resources can be found at <https://coronavirus.utah.gov/help/>:

- **The “Feeding Our Frontline”** community fund. Every dollar raised will provide free meals at hospitals for frontline caregivers working tirelessly to protect our community
- How and **where to safely give blood** -- there is a huge need for this right now
- The **Silicon Slopes COVID19 Utah Community Response Fund.**
- **Ty Burrell’s food service worker’s fund**
- Support for **small businesses**
- **Support for vulnerable populations**, including rent and mortgage assistance, rapid rehousing, crisis nurseries and childcare providers, and more

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Centers for Disease Control and Prevention

Spanish Communication Resources: This website provides communication resources for Spanish-speaking audiences. The resources include videos, print documents, and public service announcements.

When You Can be Around Others: This webpage provides information for people who had or likely had COVID-19. People can use the information on this page to determine when it is safe for them to leave their house and be with others.

Stop the Spread of Germs: This animation shows ways people can help stop the spread of COVID-19 and other respiratory illnesses.

Cases, Data, and Surveillance: This webpage provides the latest information about case and death counts, laboratory testing, hospitalization rates, and more.

Centers for Disease Control, Resources and Guidance

Communities, Schools, and Businesses

People at Higher Risk for Severe Illness

Travel

Resources are also available in **Spanish**, **Simplified Chinese**, **Vietnamese**, and **Korean**.

