

## Local & State Covid-19 Resources for the Undocumented & Immigrant Community

***This is only a very brief summary of the many services available in Denver and Colorado!***

*For students who need assistance that is not covered here, please contact the CARE Team (<https://www.msudenver.edu/care/>, 303-615-0006) and/or file a [CARE report](#) for yourself or for the students.*

*For community members, the 2-1-1 Mile High United Way (<https://unitedwaydenver.org/2-1-1/>) is a great place to connect with housing, food, financial, educational, and other life-essential*

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## 1. Financial resources for students

### **1. Student Emergency Fund**

An emergency stipend for MSU Denver students who are dealing with unanticipated/catastrophic life events (medical, unexpected loss of employment, accident, immigration/deportation-related) that might cause you to drop out of classes

<https://www.msudenver.edu/deanofstudents/msudenverstudentemergencyfund/>

#### ***A note on Colorado unemployment benefits***

***DACA recipients can receive state unemployment benefits. As unemployment insurance/benefits are state-regulated, this will differ in other states. Undocumented individuals are not eligible for unemployment benefits.***

*You can apply for unemployment benefits here:*

<https://www.colorado.gov/pacific/cdle/unemployment>

## 2. Medical updates & services

### 1. Johns Hopkins' Covid-19 data map

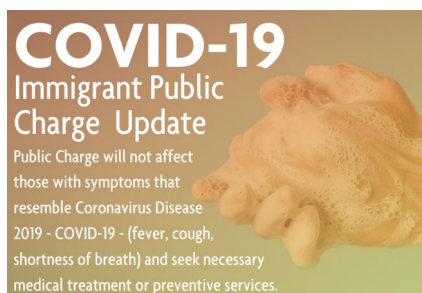
Daily updates & interactive graphics on the spread of the coronavirus

<https://gisanddata.maps.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>

### 2. Colorado Immigrant Rights Coalition

Guide on health precautions & multilingual health resources for immigrants & undocumented individuals

<http://coloradoimmigrant.org/covid19/>



### 3. Center for Disease Control

Updates & factsheets (16 languages)

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

and

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

### 4. Clínica Colorado

Healthcare service for immigrant & low-income families;

now provide “telehealth” remote consultations

<https://clinicacolorado.org/>

**FOR ALL WITHOUT HEALTH INSURANCE IN COLORADO**      **PARA TODOS SIN SEGURO DE SALUD EN COLORADO**

**TELEHEALTH**  
**TELESALUD**

**CLINICACOLORADO.ORG/CITA**

**IF YOU HAVE**  
+ FEVER  
+ PERSISTENT COUGH  
+ SHORTNESS OF BREATH

**SI TIENES**  
+ FIEBRE  
+ TOS PERSISTENTE  
+ FALTA DE AIRE

**SIGN UP TO BE CALLED FOR AN APPOINTMENT!**      **¡REGÍSTRASE PARA SER LLAMADO A UNA CITA!**

**clinicacolorado.org**  
PROVIDING A MEDICAL HOME FOR THOSE IN NEED      PROPORCIONANDO UN HOGAR MEDICO PARA LOS NECESITADOS

### **5. Clínica Tepeyac**

Behavioral and physical health programs; provides regular updates & “telehealth” remote consultations

<https://clinatepeyac.org/>



### **6. Denver Health’s Colorado Indigent Care Program**

Comprehensive income-based medical services for low-income families and individuals who are ineligible for Medicaid/CHP+; very affordable & high-quality medical services, including emergency & preventative care

<https://www.denverhealth.org/patients-visitors/billing-insurance/financial-assistance/colorado-indigent-care-program>

#### ***A note on “Public Charge” and Covid-19 care***

*USCIS has [declared](#) that: “USCIS encourages all those, including aliens, with symptoms that resemble Coronavirus Disease 2019 (COVID-19) (fever, cough, shortness of breath) to seek necessary medical treatment or preventive services. Such treatment or preventive services will not negatively affect any alien as part of a future Public Charge analysis.”*

*In other words, **publicly funded medical treatment as a result of the Coronavirus will not impact future permanent residency applications or similar status changes.***

## **3. Food & housing resources**

### **1. Roadrunner Food Pantry**

While currently closed, gift cards are offered

<https://www.msudenver.edu/deanofstudents/roadrunnerfoodpantry/>

### **2. Student Care Center**

Can assist with a wide variety of food, financial, academic, medical, and other resources to address urgent situations or emergencies.

<https://www.msudenver.edu/care/>

**3. Metro Caring**

Fresh, canned, and refrigerated foods; utility assistance, tax & ID assistance; now offers curbside food pick-up

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

**3. Hunger Free Colorado**

Updates Colorado residents on Covid-19 and provides a wide variety of food resources

<https://www.hungerfreecolorado.org/covid-19/>

**4. Denver Catholic Charities**

Counseling, housing & emergency assistance, legal & financial resources

<https://ccdenvr.org/>

**5. Urban Peak**

Youth (below 21) shelter & employment, resources

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

**4. Technology & internet resources****1. Comcast Covid-19 Response**

Offers free nationwide Xfinity Wifi hotspots and other free data- and internet-access programs

<https://corporate.comcast.com/covid-19>

**2. MSU Denver technology resources**

(Limited) availability of loaned computers and other internet access/tech resources

[msudenver.edu/technology/hardwareservices](https://msudenver.edu/technology/hardwareservices) or call 303-352-7548

## 5. Legal, educational, and professional support

### **1. Rocky Mountain Immigrant Advocacy**

Legal assistance & immigration court representation for adults & children in detention

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



### **2. Colorado Rapid Response Network**

Verification of ICE sightings, legal observers, “Know Your Rights” resources

<https://coloradopeoplesalliance.org/resources/colorado-rapid-response-network/>



### **3. Colorado People’s Alliance (COPA)**

Community Justice & Immigration advocacy & support; KYR workshops, DACA fund

<https://coloradopeoplesalliance.org/>



### **4. Colorado Immigrant Rights Coalition**

Wide array of legal support, “Know Your Rights” resources, citizenship & DACA renewal workshops

<http://coloradoimmigrant.org/>



## **5. Immigrants Rising**

Educational & entrepreneurship resources to help undocumented young people achieve educational & career goals; large number of webinars & information

<https://immigrantsrising.org/>

## **6. Mental health & de-stress resources**

### **1. On-campus counseling center**

Can help you find ways to manage difficult times - speak with a mental health professional about crises or mental health situations and learn about coping/life management strategies; remote consultations now available

<https://www.msudenver.edu/counsel/> or call 303-615-9902

### **2. Phoenix Center - crisis intervention hotline**

Free and confidential support resources and assistance to survivors of interpersonal violence (relationship violence, sexual violence, and stalking), as well as their friends, families, and concerned others.

<https://www.thepca.org/> or call 303-315-7250 (during business hours) & 303-556-2255 (24/7 crisis line)

### **3. Youtube videos with various de-stress activities**

The video "How Mindfulness Empowers Us" is captioned in several languages: <https://youtu.be/vzKryaN44ss>

A quick 5 minute anxiety relief meditation: <https://youtu.be/MR57rug8NsM>

A 10 minute chair yoga practice for flexibility and relieving stiffness (very good for before or after sitting at the computer!): <https://youtu.be/m4t9nCW3630>

A longer, laying-down yoga practice for calming the nervous system: <https://youtu.be/pLYag0tVajc>

***This is only a very brief summary of the many services available for immigrants and undocumented individuals in Denver and Colorado!***

*Do you have suggestions for additional resources?*

*Are you in need of help that is not covered here?*

**Contact the Immigrant Services Program ([gmieder@msudenver.edu](mailto:gmieder@msudenver.edu), 303-605-5390) and/or the Student Care Center ([equint11@msudenver.edu](mailto:equint11@msudenver.edu), 303-615-0006).**