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

Content:

1. Financial resources for students
2. Medical updates & services
3. Food & housing resources
4. Technology & internet resources
5. Legal, educational, and professional support
6. Mental health & de-stress resources

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)


and


4. **Clínica Colorado**

Healthcare service for immigrant & low-income families; now provide “telehealth” remote consultations

https://clinicacolorado.org/
5. Clínica Tepeyac

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

https://clinicatepeyac.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://ccdenver.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 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/pLYagOtVajc

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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, 303-605-5390) and/or the Student Care Center (equint11@msudenver.edu, 303-615-0006).