

COVID-19 EPIDEMIC NAVAJO NATION EASTERN AGENCY CHAPTERS ASSEMBLED RESOURCES

Call 911 if you are having a life threatening emergency

Navajo Nation

HEALTH COMMAND CENTER



Hotline

928.871.7014 | 8am - 5pm

Mental Health Helpline

928.810.7357 | 8am - 5pm



coronavirus.info@nndoh.org



www.ndoh.navajo-nsn.gov/COVID-19



@navajodepthhealth



navajonation_doh

#DineDabidziil



Emergency Hotlines

Navajo Nation Department of Emergency Text "NavajoNation" to **888777**
Receive alerts from the Navajo Department of Emergency.

Navajo Nation Health Command Center (928) 871-7014
COVID-19 questions from the public.

Navajo Nation Mental Health Helpline (928)810-7357
Call if you need to talk to a mental health practitioner.

New Mexico Crisis and Access Line 1-855-NMCRISIS (662-7474)
Call toll free anytime 24/7/365. Navajo Speakers Available.

New Mexico Peer to Peer Warmline 1-855-4NM-7100 (466-7100)
Call or text to connect with a peer. Call 3:30pm–11:30pm/text 6pm–11pm.

New Mexico Department of Health Coronavirus Information
Coronavirus Health Information Hotline 1-855-600-3453

Coronavirus Information Hotline 1-833-551-0518
For non-medical issues such as questions about the impact of school closures and job issues.

CDC Clinical Call Center for Healthcare Personnel 1-800-232-4636
Available to provide support to healthcare personnel working to prevent, detect, and respond to COVID-19. CDC clinicians available to answer questions about COVID-19.

StrongHearts Native Helpline 1-844-7NATIVE
Culturally appropriate domestic violence support and advocacy
6 am - 9 pm MST

Seniors & Disabled Adults Food Access Hotline 1-800-432-2080

New Mexico Aging & Long-Term Services 1-855-662-7474
Senior emotional crisis and substance abuse needs

Grandparents raising Grandchildren Resources 1-800-432-2080

National Domestic Violence Hotline 1-800-799-7233
Domestic violence 24/7 confidential and free hotline.

National Sexual Assault Hotline 1-800-656-4673
Sexual assault 24/7 confidential hotline.

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org



1 (855) NMCRISIS
1 (855) 662-7474

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Navajo Nation Resources

Navajo Nation Health Command Center

(928) 871-7014

COVID-19 questions from the public.

Navajo & Hopi Families COVID-19 Relief

(833)956-1554

Eastern Agency: easternagencyrelieffort@gmail.com

Groceries, water, and health supplies. If you would like food or other supplies dropped off at your front door or at your Chapter House. Supplies are limited. Funding is low, please only emergent requests.

Northern Diné COVID 19 Relief

(505) 226-3073

Food, water, wood assistance, Shiprock Chapter and vicinity. A collaborative inter-program team pooling resources to meet urgent unmet needs.

Navajo Nation Seniors

(928) 871-6868

Seniors living on the Navajo Nation.

New Mexico Aging & Long-Term Services

1-800-432-2080

Off-reservation senior grocery assistance; for seniors with grandchildren. Leave a message with your name, phone number & chapter. Response is within 2 hours.

NM Department of Workforce Solutions

1-877-NM4-MYUI (1-877-664-6984)

Resources for impacted workers in New Mexico.

Healthcare Workers and First Responders Support Line

(855)507-5509

The line is available 24/7 to support those on the front lines of the state's pandemic response and connect them to a professional counselor.

Native Health Initiative (NHI)

(505)340-5656

Provide resources primarily to the urban Indigenous communities of Albuquerque, but everyone is invited.

You can also apply online at Google Form link:

<https://docs.google.com/forms/d/e/1FAIpQLSeCMZoT5t4YJQwdQvgqIRTaapktvPgpMI7xvc2e9IGzATZcbA/viewform>



STRONGHEARTS
Native Helpline

Domestic violence and dating violence are not Native American traditions, and neither is ever okay.

Need to talk? When you are ready, get free, confidential support by dialing **1-844-7NATIVE (1-844-762-8483)**, open 7 a.m. to 10 p.m. CST, seven days a week.

www.strongheartshelpline.org



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**Veterans
Crisis Line**



**Military
Crisis Line**

1-800-273-8255 PRESS 1



National Sexual Assault Hotline
800.656.HOPE
online.rainn.org
Free. Confidential. 24/7

RAINN

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INDIAN HEALTH SERVICES COVID-19 TESTING SITES

Please call before you go to the hospital and follow all CDC recommendations regarding COVID-19 safety.

Location	Testing Information	Phone #
Crownpoint Health Care Facility Hwy Junction 57, Rt9 Crownpoint, NM 87313	<ul style="list-style-type: none"> Drive-up Call before Monday, Tuesday, Thursday, Friday 8:30 am – 12 pm; 12:45 pm – 3:45 pm 	(866) 820-0141
Pueblo Pintado Clinic	<ul style="list-style-type: none"> Monday – Thursday 8:00 am to 4:30 pm 	(505) 786-6344
Thoreau Clinic 3 E Navarre Blvd Thoreau, NM 87323	<ul style="list-style-type: none"> Drive-up Monday and Friday 8:00 am – 12:00 pm 	(505) 862-8250
Shiprock Northern Navajo Medical Center Hwy 491 North Shiprock, NM 87420	<ul style="list-style-type: none"> Drive-up Monday - Friday 8:30 AM - 4:30 PM 	(505) 368-6001
Dzilh-Na-O-Dith-Hle Health Center 6 Road 7586 Bloomfield, NM 87413	<ul style="list-style-type: none"> Monday, Tuesday, Thursday, Friday 8:00 am to 4:30 pm Wednesday 8:00 am to 11:30 am 	(505) 960-7801
Gallup Indian Medical Center 516 East Nizhoni Blvd. Gallup, NM 87301	<ul style="list-style-type: none"> Drive-up Monday – Friday 8:00 am – 4:00 pm 	(505) 726-5888
Tohatchi Health Center 07 Choos Gai Dr Tohatchi, NM 87325	<ul style="list-style-type: none"> Drive-up Monday, Tuesday, Thursday, Friday 8:00 am – 3:30 pm Wednesday, 12:00 pm – 3:30 pm 	(505) 733-8100
Canoncito Band of Navajo Health Center (CBNHC) Inc. 129 Medicine Horse Dr. To'Hajiilee, NM 87026	<ul style="list-style-type: none"> Limited tests per day <u>Call the clinic first</u> 	(505) 908-2307 Ext: 138/238

**NEW MEXICO
HEALTHCARE WORKER
AND FIRST RESPONDER**

**SUPPORT
LINE**



855-507-5509

We HEAR you. We're here for you.



TREVOR LIFELINE
24/7/365 | 866.488.7386
Available Nationwide

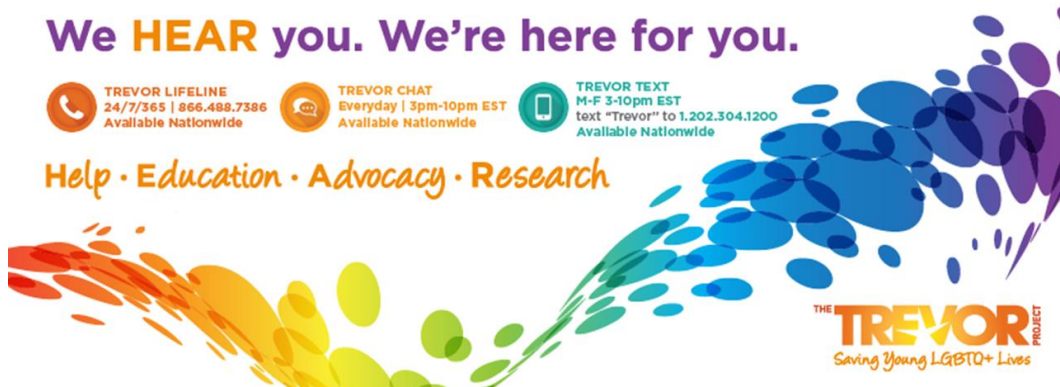


TREVOR CHAT
Everyday | 3pm-10pm EST
Available Nationwide



TREVOR TEXT
M-F 3-10pm EST
text "Trevor" to 1.202.304.1200
Available Nationwide

Help • Education • Advocacy • Research



THE TREVOR PROJECT
Saving Young LGBTQ+ Lives

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Other COVID-19 Testing Sites

New Mexico Department of Health Testing & Immunization Portal

Registering for NMDOH Testing & Immunization Portal, to website: <https://cvtestreg.nmhealth.org/> can help you set up an appointment and locate COVID-19 testing.

First Nations Community Healthsource

Offers free COVID-19 testing. You do not need to be a patient of First Nations Community HealthSource, have insurance or an ID, or be experiencing symptoms. You have to make an appointment through the NMDOH portal at website: <https://cvtestreg.nmhealth.org/>

University of New Mexico Hospital RCC

(505) 272-2111

Walk-in testing available 24/7 at the main UNM hospital. You must be presenting COVID-19 symptoms to be tested. The site is called the UNMH Respiratory Care Center (RCC) at 2211 Lomas Blvd, just east of the UNM hospital entrance. The criteria for testing is as follows:

- Fever or Chills
- Cough
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Fatigue
- Muscle or body aches
- Headache
- Nausea or vomiting
- Diarrhea

Tips for Managing Stress During the COVID-19 Pandemic:



- Take time away from media reports to focus on things in your life that are going well and that you can control.
- Talk to family and friends. You can still stay connected while social distancing.
- Pay attention to your body. Recognize the early warning signs of stress, and take time to renew your spirit through meditation, prayer, or helping others in need.

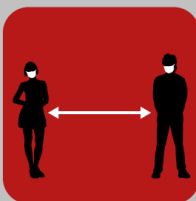
ALERT: COVID-19 Cases Are Rising



**Stay home
when possible.**



**Wear a mask over
your mouth AND nose.**



**Avoid crowds.
Stay 6 feet away
from others.**



**Wash your
hands often.**



CS20421-A

cdc.gov/coronavirus

ADDITIONAL RESOURCES

Disaster Distress Helpline:

1-800-985-5990

National Suicide Prevention Lifeline:

1-800-273-TALK (1-800-273-8255)

SAMHSA
Substance Abuse and Mental Health
Services Administration

Toll-free: 1-877-SAMHSA-7 (1-877-726-4727) |
info@samhsa.hhs.gov | <https://store.samhsa.gov>

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