



# Wellness

Name	Description	Link
CDC	Guidelines from Center for Disease Control & Prevention	<a href="http://www.cdc.gov">www.cdc.gov</a>
Seattle & King County Public Health	King County's Response & Updated Guidelines	<a href="http://www.kingcounty.gov">www.kingcounty.gov</a>
WA Department of Health	Washington State's response and updated guidelines. Call (360) 236-4501 or (800) 525-0127 during business hours.	<a href="https://www.doh.wa.gov/">https://www.doh.wa.gov/</a>
WA State Coronavirus Response	Stats, multilingual resources, questions about COVID-19, guidance on how to comply with Stay Home, Stay Healthy order	<a href="https://coronavirus.wa.gov/">https://coronavirus.wa.gov/</a>
WA Healthplanfinder	They are offering a limited 30-day special enrollment period for qualified people	<a href="https://www.insurance.wa.gov/when-can-i-buy-individual-health-plan">https://www.insurance.wa.gov/when-can-i-buy-individual-health-plan</a>
Children's Health Coverage Programs in WA:	Medical & Dental	<a href="https://www.insurekidsnow.gov/coverage/wa/index.html">https://www.insurekidsnow.gov/coverage/wa/index.html</a>
Community Health Access Program (CHAP):	It is a program for people who would like to see a doctor, but do not have one. They can call 1(800) 756-5437 for a free consultation and connection to free or low-cost medical providers and low-cost health insurance.	<a href="https://www.kingcounty.gov/depts/health/locations/health-insurance/access-and-outreach/community-health-access-program.aspx">https://www.kingcounty.gov/depts/health/locations/health-insurance/access-and-outreach/community-health-access-program.aspx</a>
NAMI	Mental Health Coping Strategies	<a href="https://www.nami.org/Blogs/NAMI-Blog/March-2020/Coronavirus-Mental-Health-Coping-Strategies">https://www.nami.org/Blogs/NAMI-Blog/March-2020/Coronavirus-Mental-Health-Coping-Strategies</a>
Crisis Connections	If you are experiencing crisis, need resources, or are struggling with other challenges, we are still open and here for you. 24 Hour Crisis Line: 866-427-4747 or 206-461-3222; TTY 206-461-3219	<a href="https://www.crisisconnections.org/">https://www.crisisconnections.org/</a>
Seattle & King County Public Health COVID-19 Information	King County Public Health Guidelines & Recommendations; sign up for free email and text alerts.	<a href="https://www.kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus.aspx?utm_source=Resource+Wire&amp;utm_campaign=c36d3f5644-Resource_Wire_EMAIL_CAMPAIGN&amp;utm_medium=email&amp;utm_term=0_7a1fb7aff4-c36d3f5644-28222713">https://www.kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus.aspx?utm_source=Resource+Wire&amp;utm_campaign=c36d3f5644-Resource_Wire_EMAIL_CAMPAIGN&amp;utm_medium=email&amp;utm_term=0_7a1fb7aff4-c36d3f5644-28222713</a>
Coronavirus Assessment Tool	Hub for COVID Resources, news and guidance	<a href="https://coronavirus.providence.org/?utm_source=Resource+Wire&amp;utm_campaign=c36d3f5644-Resource_Wire_EMAIL_CAMPAIGN&amp;utm_medium=email&amp;utm_term=0_7a1fb7aff4-c36d3f5644-28222713">https://coronavirus.providence.org/?utm_source=Resource+Wire&amp;utm_campaign=c36d3f5644-Resource_Wire_EMAIL_CAMPAIGN&amp;utm_medium=email&amp;utm_term=0_7a1fb7aff4-c36d3f5644-28222713</a>
King County COVID Call Center	n/a	If you are in King County and believe you were exposed to a confirmed case of COVID-19, or if you're a healthcare provider with questions about COVID-19, contact the Novel Coronavirus Call Center: 206.477.3977. For general questions call (800) 525-0127.
Healthcare Access	Healthcare access for undocumented folks in response to COVID-19	<a href="https://unitedwedream.org/2020/03/healthcare-access-for-undocumented-folks-in-the-time-of-covid19/">https://unitedwedream.org/2020/03/healthcare-access-for-undocumented-folks-in-the-time-of-covid19/</a>