

# COVID-19 | Resources for students in isolation

## TERRACE

- Local grocery stores (Save On Foods & Safeway) have online ordering and phone-in options for groceries. Delivery service is available or curbside pickup (which requires an individual not in isolation)
- Many local restaurants offer delivery and curbside pickup
- SPYCE offers food delivery, visit [spyce.ca](http://spyce.ca)

## PRINCE RUPERT

- Local grocery stores (Save On Foods & Safeway) have online ordering and phone-in options for groceries. Delivery service is available or curbside pickup (which requires an individual not in isolation)
- Many local restaurants offer delivery and curbside pickup
- SPYCE offers food delivery, visit [spyce.ca](http://spyce.ca)

## SMITHERS

- Local grocery stores (Save On Foods & Safeway) have online ordering and phone-in options for groceries. Delivery service is available or curbside pickup (which requires an individual not in isolation)
- Local restaurants available for delivery and curbside pickup. Can be ordered via BV Taxi services 250.847.2306
- SPYCE offers food delivery, visit [spyce.ca](http://spyce.ca)
- Helping Hands offers grocery and prescription delivery. Contact Haley Wilson at 250.877.3838
- For English Language and Multicultural Services, contact program coordinator Petra Kost at 250.847.9515 Ext. 2012 or email [esl@scsa.ca](mailto:esl@scsa.ca)

## HAZELTON

- MacDonald's Store Ltd. delivers groceries within Hazelton area, contact 250.842.5558
- Most restaurants offer take out but delivery options are limited

**NOTE:** A *Financial Aid and Emergency Food Gift Card* is available for Coast Mountain College students experiencing financial challenges, please contact [aconway@coastmountaincollege.ca](mailto:aconway@coastmountaincollege.ca). See our website for more financial aid resources at [www.coastmountaincollege.ca/student-services/financial-aid/student-emergency-financial-assistance](http://www.coastmountaincollege.ca/student-services/financial-aid/student-emergency-financial-assistance)

## HEALTH AND MENTAL HEALTH SUPPORT FOR STUDENTS

- GuardMe — Medical information on COVID-19 and resources
- KeepMeSafe — Mental health support, multiple languages available 24/7, free to use and phone options available
- Here2Talk — BC Post-Secondary mental health support line
- Northern BC Crisis Line — Contact 1.888.562.1214
- BC Centre for Disease Control
- Northern Health Covid-19 — Provides up to date information in the region
- HealthLink BC — By calling 811, you are connected to a healthcare professional who will help you get the information you need to manage any health concerns. This includes general health advice as well as advice related to COVID-19

First Nations Access Coordinators have many resources for Indigenous students at:  
[www.coastmountaincollege.ca/indigenous-resources/student-support/resources](http://www.coastmountaincollege.ca/indigenous-resources/student-support/resources)

Additional regional/specific community resources and supports can be found on the CMTN Learner Services Brightspace shell under Course Content//Community Resources:  
[www.cmtn.desire2learn.com/d2l/home/85418](http://www.cmtn.desire2learn.com/d2l/home/85418)

