



COVID-19		CONTACT	
COVID-19 GENERAL INFO LINE		1-833-301-0296	
Any general question on COVID-19, call here			
COVID-19 GENERAL INFO – CHAT		www.facebook.com/NunavikHealthBoard/	
Any general question on COVID-19, no phone or don't feel like calling, chat with us			
COVID-19 HEALTH LINE		1-888-662-7482	
Feeling sick or worried about your health, call here			

PSYCHOSOCIAL SUPPORT	
SOCIAL SERVICES	819-XXX-YYYY, see table below to find the number of SS in your community
Social service is an essential service, workers are still available to help you or your loved one during COVID-19 pandemic	
NATURAL HELPERS	
IVP (Ungava):	1-877-686-2845
IHC natural helper team (Hudson):	819-988-2191 Ask for Muncy Novalinga, Team leader



PSYCHOSOCIAL SUPPORT	CONTACT
<p>FRIENDLY CALLS</p> <p>If you are worried about someone who is stressed or isolated, write to this email the name of the person and her contact and I volunteer will connect with the person (for immediate danger, please reach out emergency services in your community)</p>	<p>friendlycallnunavik@ssss.gouv.qc.ca</p>
<p>First Nations and Inuit Hope for Wellness Help Line</p> <p>Free helpline support (English and French)</p>	<p>1-855-242-3310</p>
<p>Kamatsiaqtut Help Line</p> <p>Free helpline support (English and Inuktitut)</p>	<p>1-800-265-3333</p>
<p>Reach Out Facebook Page</p> <p>Several resources available on this Facebook page</p>	<p>www.facebook.com/reachoutnunavik</p>

YOUTH	
<p>Kids Help Phone</p> <p>Free helpline support (English and French) + Online chat support</p>	<p>1-800-668-6868 / www.kidshelpphone.ca</p>
<p>Nurrait Jeunes Karibus</p> <p>Several initiatives, have a look at it!</p>	<p>www.facebook.com/nurrait www.instagram.com/nurrait_jeuneskaribus/</p>



MEN	CONTACT
Qajaq men's network Phone counselling for men	1-877-964-0770 (Ungava) 1-877-350-0254 (Hudson)

WOMEN	
SOS violence conjugale If you are victim of violence and you need help	1-800-363-9010
Helpline for victims of sexual assault If you are victim of sexual assault and you need help	1-888-933-9007
24h helpline for victims of sexual assault COVID-19 Legal Assistance Clinic set up by the Quebec Ministry of Justice	1 866 699-9729
Ajapirvik, Inukjuak Women Shelter Emergency lodging for women victim of violence and their children	For Inukjuak - 819-254-1414 or call KRPF/SS
Initsiaq, Salluit Women Shelter Emergency lodging for women victim of violence and their children	For Salluit - 819-255-8817 or call KRPF/SS
Tungasuvvik, Kuujjuaq Women Shelter Emergency lodging for women victim of violence and their children	For all other communities call Kuujjuaq - 819-964-0536, or KRPF/SS



INCOME SUPPORT	CONTACT
<p>KRG employment Support to apply for welfare, employment insurance and federal governmental measures</p>	1-877-964-2961
FOOD ASSISTANCE	
<p>KRG emergency coupons - COVID-19 Food coupons for those who are no longer employed due to COVID-19. Until end of June 2020.</p>	1-877-964-2961 ext.2262
<p>KRG elder's food & essential goods allowance - COVID-19 Monthly food allowance (200\$) in April, May and June 2020 for elders to buy store-bought food and essential goods.</p>	Contact your local COOP or Northern store
<p>NRBHSS Nunami on-the land vouchers for families One voucher for gas and one voucher for food per Inuit household to go out on the land.</p>	Contact your local NV or nunami_nrbhss@ssss.gouv.qc.ca
LOCAL FOOD ASSISTANCE INITIATIVES	
<p>Sirivik food centre & Sungirtuivik in Inukjuak Weekly delivery of meals and food hampers for elders and people in need</p>	819-254-0114
<p>Iqitsivik Salluit Family House Delivery of meals and food hampers for elders and people in need</p>	819-255-8439
<p>Puvirnitug NV food baskets Delivery of food hampers for people and families in need</p>	819-988-2825



EMERGENCY SAFE HOUSES	CONTACT
<p>Mianirsivik Kangiqsujuaq Family house regular activities are suspended. Safe house is open for emergencies.</p>	<p>819 338-0888 / Social Services on call for after hours</p>
<p>Qarmaapik Kangiqsualujuaq Regular activities are suspended. Emergency safe house should re-open soon, stay informed</p>	<p>819 337-5597 / 819 337-5307 (after hours)</p>

SOCIAL SERVICES	FROM 9 AM TO 5 PM	ON-CALL
Kuujjuaraapik	819-929-3377	819-929-3376
Umijuaq	819-331-7019/7494	819-331-7019/7494
Inukjuak	819-254-9108	819-254-8708
Puvirnituaq	819-988-2718	819-988-2718
Akulivik	819-496-2232	819-496-2232
Ivujivik	819-922-3096/3556	819-922-3096/3556
Salluit	819-255-8829	819-255-8829
Kangiqsujuaq	819-338-3218	819-338-1138
Quaqtaq	819-492-9933	819-492-9037
Kangirsuk	819-935-4270	819-935-4817
Aupaluk	819-491-7558	819-491-7023
Tasiujaq	819-633-5022	819-633-5450
Kuujjuaq	819-964-2905 x 390 ou 252	819-964-2905 x 0

