



PSYCHOSOCIAL SUPPORT	CONTACT
SOCIAL SERVICES Social Services are an essential service, workers are still available to help you or your loved ones during the COVID-19 pandemic.	819-XXX-YYYY, see table below to find the number for Social Services in your community
NATURAL HELPERS	
Inuit Values & Practices (IVP) Ungava Coast	1-877-686-2845
Inuulitsivik Health Centre (IHC) Hudson Coast Natural Helper Team	819-988-2191 Ask for Muncy Novalinga, Team leader



Psychosocial Support - COVID-19

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

YOUTH	
Kids Help Phone (and chat) <p>Free helpline support (English and French) + Online chat support</p>	1-800-668-6868/ www.kidshelpphone.ca
Nurrait Jeunes Karibus <p>Website and chat support services</p>	www.facebook.com/nurrait www.instagram.com/nurrait_jeuneskaribus



1-877-964-0770 (Ungava)/ 1-877-350-0254
(Hudson)

Emergency lodging for women victim of violence and their children



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

