

COVID-19	CONTACT
COVID-19 GENERAL INFO LINE General questions on COVID-19	1-833-301-0296
COVID-19 GENERAL INFO – CHAT General questions on COVID-19. Don't have phone or don't feel like calling? Chat with us online.	www.facebook.com/NunavikHealthBoard/
COVID-19 HEALTH LINE Feeling sick or worried about your health?	1-888-662-7482

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	CONTACT
Friendly Calls	friendlycallnunavik@ssss.gouv.qc.ca
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).	
First Nations and Inuit Hope for Wellness Help Line	1-855-242-3310
Free helpline support (English and French)	
Kamatsiaqtut Help Line Free helpline support (English and Inuktitut)	1-800-265-3333
Reach Out Facebook Page Several resources available on this Facebook page	www.facebook.com/reachoutnunavik

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





MEN	
Qajaq Men's Network Phone counselling for men	1-877-964-0770 (Ungava)/ 1-877-350-0254 (Hudson)

WOMEN	
SOS Conjugal Violence If you are victim of violence and you need help	1-800-363-9010
24/7 Phone line 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 victims of violence and their children	For Inukjuak - 819-254-1414 or call KRPF or Social Services
Initsiaq, Salluit Women Shelter Emergency lodging for women victims of violence and their children	For Salluit - 819-255-8817 or call KRPF or Social Services
Tungasuvvik, Kuujjuaq Women Shelter Emergency lodging for women victim of violence and their children	For all other communities call KRPF or Social Services





INCOME SUPPORT	CONTACT
KRG Employment	1-877-964-2961
Support to apply for welfare, Employment Insurance and aid from the Federal Government	

FOOD ASSISTANCE	CONTACT
KRG Emergency Coupons - COVID-19 Food coupons for those who are no longer employed due to COVID-19. Until end of June 2020.	1-877-964-2961 ext.2262
KRG Elders' 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.	Contact your local COOP or Northern store
NRBHSS Nunami on-the Land Vouchers for Families One voucher for gas and one voucher for food per beneficiary household to go out on the land.	Contact your local NV or nunami_nrbhss@ssss.gouv.qc.ca





LOCAL FOOD ASSISTANCE INITIATIVES	NUMBER
Sirivik Food Centre & Sungirtuivik in Inukjuak	819-254-0114
Weekly delivery of meals and food hampers for Elders and people in need.	
Iqitsivik Salluit Family House	819-255-8439
Delivery of meals and food hampers for Elders and people in need.	
Puvirnituq NV food baskets	819-988-2825
Delivery of food hampers for people and families in need.	

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 reopen soon.	819 337-5597/ 819 337-5307 (after hours)





SOCIAL SERVICES	FROM 9AM TO 5PM	ON-CALL
Kuujjuaraapik	819-929-3377	819-929-3376
Umiujaq	819-331-7019/7494	819-331-7019/7494
Inukjuak	819-254-9108	819-254-8708
Puvirnituq	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

