TULATTAVIK

Inuulitsivik



WHO DOES WHAT?

SOCIAL INTERVENERS
(Social Workers (FOR THE CLSC)



What they do

Social Interveners help people with personal, family, or social problems. They listen, give support, and connect people with services that can help. They also offer counselling and help make a plan for care.

Why consult them

You can talk to a Social Intervener to help you regain harmony and strength in your mind, body, and spirit.

They can help with things like:

- Trauma from childhood
- Feeling different after having a baby
- Family or partner violence
- Trouble at home or work
- Grief or loss
- Alcohol or drug use
- Thoughts of suicide
- Relationship problems
- Mental wellness:
  feeling heavy, disconnected, thinking too much, not feeling oneself, or having no peace inside.

Where they work

They work in CLSCs. They can also visit people at home and help during a crisis.

Who they support

They support everyone: individuals, couples, families, and community groups

How to contact them

You can call or visit your local CLSC from Monday to Friday, 9:00 a.m. to 5:00 p.m.

Local Contact Numbers:

Akulivik: **(819) 496-2232**
Aupaluk: **(819) 491-9777**
Inukjuak: **(819) 254-9108**
Ivujivik: **(819) 922-3096/3556**
Kangiqsualujjuaq: **(819) 337-9777**
Kangiqsujuaq: **(819) 338-9777**
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Quaqtaq: **(819) 492-9777**
Salluit: **(819) 255-8829**
Tasiujaq: **(819) 633-5022**
Umiujaq: **(819) 331-7019/7494**

Note: Services are voluntary.
If you are under 14, a parent or legal guardian must give permission.

SOCIAL ASSISTANTS / COMMUNITY WORKERS



What they do

They help people with social, emotional, or mental health challenges. They work with social service teams and help clients understand services. They also act as cultural interpreters to support communication between clients and health workers.

Who they support

They support children, youth, adults, elders, and families who are facing social, emotional, or physical difficulties.

Why consult them

Their deep connection to the community gives them valuable insight into local needs and the services required to meet them. They help connect Inuit values and beliefs with social services to make sure services are respectful and helpful.

Where they work

They work in CLSCs. They can also visit people at home and help during a crisis.

How to contact them

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NATURAL HELPERS



What they do

They listen and support people after difficult or traumatic events. They give emotional support during community gatherings and activities. They also help lead workshops focused on healing and grieving, while sharing Inuit knowledge and values.

Who they support

They support individuals, couples, families, and groups who have experienced trauma or need emotional support during events.

Why consult them

As Inuit traditional counselors, they offer safe and respectful support that matches Inuit culture and lived experiences. Their work helps people heal, feel stronger, and support their community.

Where they work

They are deployed in communities where support is needed, responding to requests and situations that require their presence.

How to contact them

Hudson coast:

Muncy Novalinga
Regional Coordinator
muncy.novalinga.csi@ssss.gouv.qc.ca

Inuit Values & Practices Team
(Nunavik Regional Board of Health and Social Services)
ivp@ssss.gouv.qc.ca

Ungava coast:

Véronique Paradis
Head of social services program
veronique.paradis.cstu@ssss.gouv.qc.ca

Inuit Values & Practices Team
(Nunavik Regional Board of Health and Social Services)
ivp@ssss.gouv.qc.ca

WHO DOES WHAT?

COMMUNITY LIAISON WELLNESS WORKERS (CLWW)



What they do

They help promote health and well-being in the community. They organize activities and events that bring people together and raise awareness about wellness.

Who they support

They support the whole community through group activities and projects. They do not offer one-on-one counselling or individual support.

Why consult them

If you have an idea to make your community healthier or stronger, your CLWW can help plan and organize it. They are important partners in building community wellness and encouraging people to get involved.

Where they work

CLWWs are present in most communities across Nunavik.

How to contact them

You can contact your CLWW through their regional coordinator:

<u>Hudson coast:</u>

Brooke Price
brooke.price.csi@ssss.gouv.qc.ca

Charlie-Ann Bélanger-Simard
charlie-anne.belanger-Simard.csi
@ssss.gouv.qc.ca

<u>Ungava coast:</u>

Melinda Hickey
melinda.hickey.cstu@ssss.gouv.qc.ca

SUICIDE PREVENTION LIAISON WORKERS (SPLW)



What they do

SPLWs coordinate suicide prevention efforts within communities. They organize and facilitate workshops on suicide prevention, raise awareness about risk factors and early warning signs, and help build resilience. They support communities, partners, and local actors in designing and implementing locally adapted prevention initiatives. They play a key role in mobilizing collective efforts and promoting mental wellness.

Who they support

They work with communities and organizations to support suicide prevention initiatives. Their focus is on collective action.

Why consult them

If you have a project idea or want to contribute to suicide prevention in your community, SPLWs can help guide and support your efforts.

Where they work

There is one SPLW position in each of Nunavik's health centers.

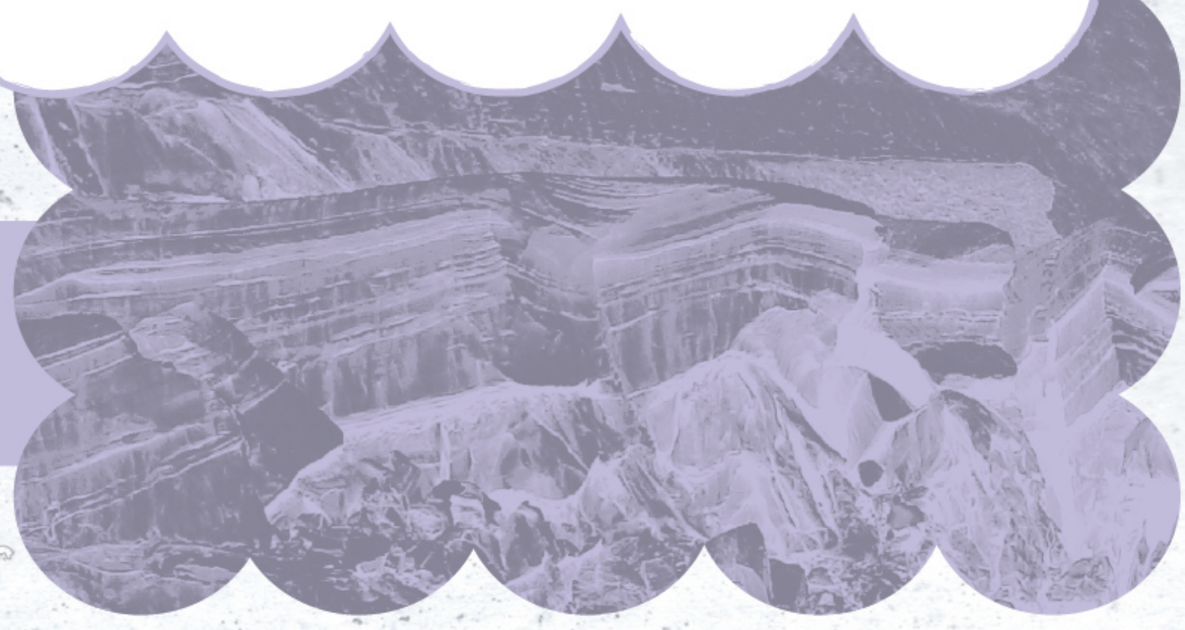
How to contact them

Hudson coast:

Valerie Lock
valerie.lock@ssss.gouv.qc.ca

Ungava coast:

Levina Kritik
levina.kritik.cstu@ssss.gouv.qc.ca



PSYCHOLOGISTS



What they do

Psychologists help people understand their thoughts, feelings, and behaviors. They do mental health assessments, offer counselling, and support healing through therapy.

Who they support

They support children, youth, adults, and elders. Most services are for individuals, but sometimes families can also get support.

Why consult them

Talking with a psychologist can be a way to feel lighter, understand what is happening inside (emotions), and find new ways to take care of yourself and your relationships. They can also support people who are going through hard times or healing from difficult experience. It can help you regain harmony and strength in your mind, body, and spirit.

Where they work

In Nunavik, psychologists are based in Kuujjuaq and Puvirnituq. They sometimes travel to other communities.

You can also get psychological services through the Non-Insured Health Benefits (NIHB) Program.

How to contact them

You need a referral from a social intervener to see a psychologist.

You can call or visit your local CLSC from Monday to Friday, 9:00 a.m. to 5:00 p.m.

Local Contact Numbers:

Akulivik: **(819) 496-2232**
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You can also get psychological services on your own through the Non-Insured Health Benefits (NIHB) Program.

This means you don't need a referral from a local worker - you can contact NIHB directly to ask for services:

Website:
nrbhss.ca/en/nrbhss/out-region-services/non-insured-health-benefits-nihb-nunavik

Email: **ssna.rrsssn@ssss.gouv.qc.ca**

Phone: **1-844-442-6442**

NURSES



What they do

Nurses take care of your physical and mental health. They can give advice, check your medications, teach about health, and refer you to other services. In Nunavik, nurses have a bigger role: they see patients without appointments, help in emergencies, and do assessments by phone or in person. They can also ask doctors for help when needed.

Who they support

They support everyone in the community.

Why consult them

You can talk to a nurse if you:

- Have a health concern
- Need care or advice
- Want someone to check your condition

Nurses are often the first people you see for physical or mental health support.

Where they work

Nurses work in CLSCs or hospitals in every Nunavik community.

How to contact them

You can call or visit your local CLSC from Monday to Friday, 9:00 a.m. to 5:00 p.m.

Local Contact Numbers:

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Umiujaq: **(819) 331-7019/7494**

For emergencies outside those hours, a nurse is available 24/7 at (819) XXX-9090

DOCTORS



What they do

Doctors help diagnose and treat physical and mental health problems. They work with other health professionals to give care and advice. They also help you stay healthy and avoid illnesses. In Nunavik, they see patients with or without appointments, handle emergencies, support midwives, and help with medical evacuations.

Who they support

They support everyone in the community.

Why consult them

You can see a doctor for:

- Health problems or diseases
- Ongoing care for chronic conditions
- Advice to stay healthy
- Referrals to specialists

It's important to consult a doctor if you feel very sick or have unusual symptoms.

Where they work

Hudson Coast:

- 6 doctors in Puvirnituq hospital
- 2 in Salluit CLSC
- 3 in Inukjuak CLSC
- 1 in Kuujjuarapik CLSC
- Ivujivik, Akulivik, and Umiujaq are covered by nurses, with monthly doctor visits

Ungava Coast:

- 7 doctors in Kuujjuaq hospital
- 1 in Kangiqsujuaq CLSC
- 1 in Kangiqsualujjuaq CLSC
- Other communities are covered by nurses, with doctor visits every 4 to 6 weeks

How to contact them

Hudson coast:

You can visit your local hospital or CLSC Monday to Friday, 9:00 a.m. to 5:00 p.m.

You can call the Puvirnituq Doctors Office: (819) 988-2957, ext. 4293

Ungava coast:

- You can visit your local hospital or CLSC Monday to Friday, 9:00 a.m. to 5:00 p.m.
- You can call the Kuujjuaq Doctors Office: (819) 964-2905, ext. 2344
- To take an appointment:

Phone: 1-833-955-0141
(Open Monday to Friday from 9:00 a.m. to 5:00 p.m.)

Email: rdv.uthc.appt@ssss.gouv.qc.ca

Facebook: facebook.com/rdv.uthc.appt

For emergencies outside those hours, a nurse is available 24/7 at (819) XXX-9090.

PSYCHIATRISTS



What they do

Psychiatrists diagnose and treat mental health conditions, especially those that may need medication. They work closely with other professionals like social interveners, psychologists, and doctors.

Who they support

Child psychiatrists work with children experiencing severe behavioral or thought disorders, as well as their families.

Adult psychiatrists support individuals living with mental health conditions that affect their ability to function in daily life.

Why consult them

You may be referred to a psychiatrist if your mental health makes it hard to function, and you need a specialized assessment or medical treatment.

Where they work

Child psychiatrists are based at the Montreal Children's Hospital.

Adult psychiatrists are based at the Douglas Mental Health University Institute.

Both travel to Nunavik for follow-ups and can also offer support by videoconference.

How to contact them

You need a referral from a doctor to see a psychiatrist.

<u>Hudson coast:</u>

You can visit your local hospital or CLSC Monday to Friday, 9:00 a.m. to 5:00 p.m.

You can call the Puvirnituq Doctors Office: (819) 988-2957, ext. 4293

<u>Ungava coast:</u>

- You can visit your local hospital or CLSC Monday to Friday, 9:00 a.m. to 5:00 p.m.
- You can call the Kuujjuaq Doctors Office: (819) 964-2905, ext. 2344
- To take an appointment:

Phone: **1-833-955-0141**
(Open Monday to Friday from 9:00 a.m. to 5:00 p.m.)

Email: **rdv.uthc.appt@ssss.gouv.qc.ca**

Facebook: **facebook.com/rdv.uthc.appt**

MENTAL HEALTH CLINICAL NURSES



What they do

They check and follow the health of people who are referred for mental health care. They create and apply nursing care plans and work with other professionals to make sure care continues smoothly.

Who they support

They support people who are referred to specialized mental health services in communities where these services are available.

Why consult them

You may be referred to a mental health clinical nurse if your mental health affects your daily life, and you need regular follow-up and care.

Where they work

Hudson Coast:

- Puvirnituq (2 nurses)
- Inukjuak (1 nurse)
- Salluit (1 nurse)

Ungava Coast:

- Kuujjuaq Hospital (2 nurses)

How to contact them

You need a referral from another health professional to see a mental health clinical nurse - this could be a social intervener, nurse, doctor, psychiatrist, or another member of the care team.

You can call or visit your local CLSC from Monday to Friday, 9:00 a.m. to 5:00 p.m. They can help start the referral process.

Local Contact Numbers:

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MENTAL HEALTH NURSE PRACTITIONERS



What they do

They support people's mental and emotional health while considering their overall life situation. They have advanced training in mental health and mental illness. They can assess needs, plan care, offer therapy, and do some medical tasks related to mental health.

Who they support

They care for people of all ages who live with mental health problems or are at risk of developing them.

Why consult them

You may be referred to a mental health nurse practitioner if your mental health affects your daily life, and you need specialized care and follow-up.

Where they work

Hudson Coast:

- 2 mental health nurse practitioners serve all communities.

Ungava Coast:

- 1 mental health nurse practitioner is based at the Kuujjuaq hospital.

How to contact them

You need a referral from another health professional to see a mental health clinical nurse, this could be a social intervener, nurse, doctor, psychiatrist, or another member of the care team

You can call or visit your local CLSC from Monday to Friday, 9:00 a.m. to 5:00 p.m. They can help start the referral process.

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MENTAL HEALTH EDUCATORS / OCCUPATIONAL THERAPISTS



What they do

Mental health educators and occupational therapists provide education, rehabilitation, and therapeutic support to adults in the community who are experiencing psychiatric, psychological, intellectual, or functional challenges. They assess clients, develop and implement intervention strategies, and support individuals in improving their daily functioning, autonomy, and well-being. Their work includes organizing meaningful activities, teaching life skills, and enhancing cognitive, emotional, and social capacities.

Who they support

They help adults who have mental health problems, learning difficulties, or trouble with emotions and relationships. They also support families who care for these adults.

Why consult them

They offer personalized support to help people deal with mental health or daily life challenges. Their goal is to help each person become more independent, feel better, and take part in everyday life. They also help people reconnect with their community and find ways to cope with difficulties. In short, they support those who need a little extra help to live well and stay connected.

Where they work

Hudson Coast:

Two educators serve the communities of Puvirnituq and Inukjuak.

Ungava Coast:

One occupational therapist serves the community of Kuujjuaq.

How to contact them

You need a referral from another health professional to see a mental health clinical nurse –this could be a social intervener, nurse, doctor, psychiatrist, or another member of the care team

You can call or visit your local CLSC from Monday to Friday, 9:00 a.m. to 5:00 p.m. They can help start the referral process.

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