



- First Nations and Inuit Hope for Wellness Help Line:  
1-855-242-3310 (English / French)
- Kids Help Phone: 1-800-668-6868 [www.jeunessejecoute.ca](http://www.jeunessejecoute.ca) (English / French)

For direct assistance or for a loved one, it is possible to contact the CLSC directly at 819-XXX-9090.

*The Nunavik Regional Board of Health and Social Services is a public agency created in 1978 under the James Bay and Northern Quebec Agreement. It is responsible for nearly the entire Quebec territory located north of the 55<sup>th</sup> parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.*

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**Source:** Nunavik Regional Board of Health and Social Services

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