

- CLSC: 819-###-9090;
- Kamatsiaqtut Help Line: 1-800-265-3333 (English / Inuktitut)
- Inuit values and Practices: 1-877-686-2845
- First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310
- Kids Help Phone: 1-800-668-6868 www.kidshelpphone.ca (English / French)
- National Suicide Prevention Lifeline, 1-800-273-TALK (8255) (English)
- 1-866-APPELLE (1-866-277-3553) (French)

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Source: Nunavik Regional Board of Health and Social Services

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