



**Help is available:**

- CLSC of each community: 1-819-XXX-9090
- Nunavut Kamatsiaqtut Help Line: 1-800-265-3333 (Inuktitut / English)
- Department of Inuit Values and Practices, NRBHSS (9 to 5): 1 877-686-2845 (Inuktitut / English)
- First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310 (English / French)
- Kids Help Phone: 1-800-668-6868 [www.kidshelpphone.ca](http://www.kidshelpphone.ca) (English / French)

*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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