

# Do you have questions or concerns about COVID-19?

IF YOU HAVE SYMPTOMS AND THINK YOU ARE INFECTED: 1 877 644-4545

YOU WANT GENERAL INFORMATION ON THE SITUATION AND ON THE EVOLUTION OF THE SITUATION: [quebec.ca/coronavirus](http://quebec.ca/coronavirus)

DO YOU WANT TO BECOME A VOLUNTEER? CONTACT THE CENTRE D'ACTION BÉNÉVOLE: 418 986-4649

OR REGISTER HERE: [Jebenevole.ca](http://Jebenevole.ca)

## IMPORTANT MESSAGE

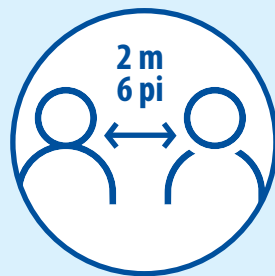
### We must protect ourselves!



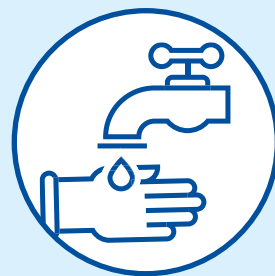
We must stay at home to save lives



We must respect the directives of the government and public health



We must respect confinement and social distancing



Wash your hands as often as possible

Centre intégré de santé et de services sociaux des Îles  
Québec

COMMISSION SCOLAIRE DES ÎLES

CAMI  
COUNCIL FOR ANGLICAN MAGDALEN ISLANDERS  
Preserving our past, building our future

Les Îles-de-la-Madeleine  
Municipalité

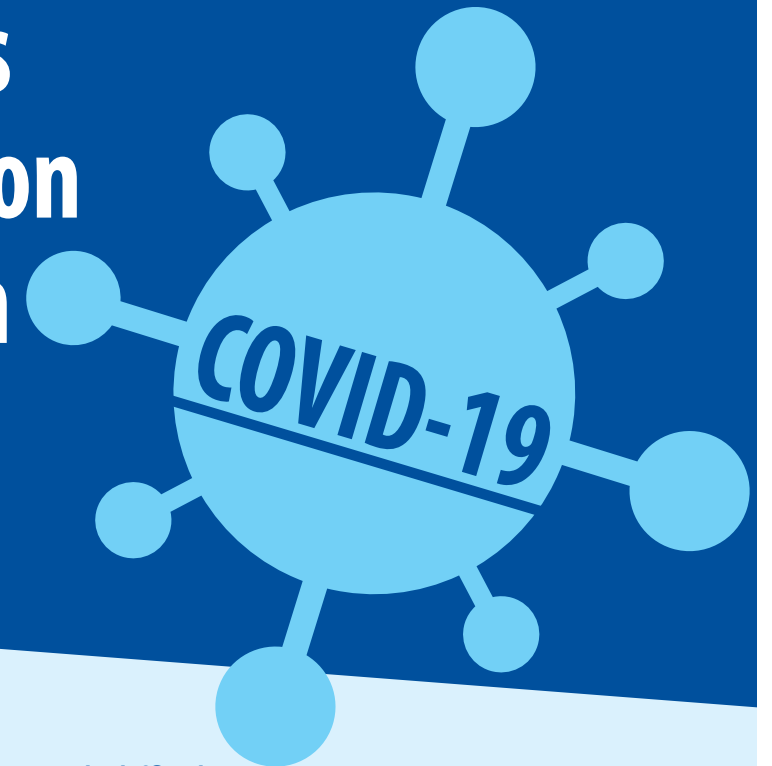
ASSEMBLÉE NATIONALE DU QUÉBEC  
JOËL ARSENEAU  
Député des Îles-de-la-Madeleine



Réseau des partenaires Développement social  
Îles-de-la-Madeleine

Liberal  
DIANE LEBOUTHILLIER  
Députée - Gaspésie—Les Îles-de-la-Madeleine  
Téléphone: 418 986-1489  
Courriel: [diane.lebouthillier.C2@part.gc.ca](mailto:diane.lebouthillier.C2@part.gc.ca)

# Support services for the population of the Magdalen Islands



**CARING** and **SOLIDARITY** are key to coping with difficulties. Services are offered but nothing replaces the acts of family members, neighbors or friends to help each other overcome a collective challenge!

Given the context in which we are living today, it is completely normal to feel overwhelmed by events. Do not hesitate to ask for or to accept help!

We give thanks to the organizations that contributed to this publication and for the exceptional work they do for the population.

[quebec.ca/coronavirus](http://quebec.ca/coronavirus)

 1 877 644-4545

## Do you live with stress or anxiety?

### CLSC - Psychosocial reception

8:30 a.m. to 12 p.m. and 1 p.m. to 4:30 p.m.

☎ 418 986-2572

### Social info 24/7 service

☎ 811 option 2

### Suicide Prevention Line 24/7 Service

☎ 1-866-CALL (1-866-277-3553)

### Self care guide

📄 publications.msss.gouv.qc.ca/msss/en/document-002492

### L'Éclaircie Community Center

(Support for people with mental health issues & their families)

☎ 418 986-6456

Possibility of videoconferencing, skype, facetime, etc.

### APHI (Persons with disabilities)

☎ 418 986-5535

### Association TCC/ACV

(Head trauma and cardiovascular issues)

☎ 418 969-7108

### ADEQ (Autism)

☎ 1-877-725-2575 (Rimouski team)

### CAVAC GIM (Victims of crime)

☎ 418 986-4044

### CALACS (Victims of sexual violence)

✉ info@calacsdesiles.com

📘 CALACS l'espoir des îles

☎ 418 986-6111

### Islands' Fibromyalgia & Chronic Pain Support Group

✉ groupefibrodesiles@hotmail.com

📘 facebook.com/groupefibrodesiles

☎ 418 937-6964

\* Possibility of texting, messaging, or using Facetime

### La Sentin'Elle Womens' group

(Support for women)

✉ cdflasentinelle@hotmail.com

📘 Regroupement des femmes LaSentin'Elle

☎ 418 986-4334

### Breastfeeding support group SEIN PATHIQUE

✉ Courriel: <https://facebook.com/allaitement.seinpathique>

📘 Facebook: Allaitement Sein-pathique

☎ 418 937-9382

### Carrefour Unite

(Support for people suffering with addiction & their families)

✉ info@carrefourunite.com

📘 Carrefour Unité

☎ 418 986-2233

### L'APPUI - SUPPORT for caregivers

(Respite for caregivers)

☎ 418 969-7134

### Islands' Alzheimer Society Service Point

(Support for caregivers)

☎ 418 969-7134

### Hommes & Gars (Support for men)

☎ 418 986-1811

### L'Embellie (Family support)

✉ embellie@gmail.com

📘 Maison de la famille L'Embellie

☎ 418-969-4040

### CAMI (Require support accessing services in English)

✉ info@micami.ca

📘 Council for Anglophone Magdalen Islanders

☎ 418 937-6085

## Do you need help for your essential needs?

### Centre d'action Bénévole

(Emergency grocery delivery)

☎ 418 986-6389 (Monday to Friday)

### Entraide communautaire des Îles

(Food bank and other basic needs)

☎ 418 986-3240

### Maison d'aide et d'hébergement l'Accalmie

(Support and accommodation for female victims of violence)

☎ 418 986-5044

### Fonds d'entraide de Grande-Entrée

(Financial support for basic needs)

☎ 418 985-2228

### Maison à Damas (Emergency Housing)

☎ 418 986-6631

### Jean Coutu Pharmacy (Delivery service)

☎ 418 986-2700

Private facebook message: 📘 Jean Coutu Iles-de-la-Madeleine

### Proxim Lapierre, Lapierre & Patton Pharmacy

(Delivery / Pick-up service on site)

☎ 418 986-3133

✉ commandeproxim@hotmail.com

Facebook private message: 📘 proximllp

Mobile application: Groupe Proxim

## Are you a youth And do you need help?

### CLSC- Youth reception / youth clinic

☎ 418 986-2572

### Youth Protection

☎ 418 986-2230 (Islands' service point)

To make a report:

☎ 1-800-463-4225 (Day)

☎ 1-800-463-0629 (Evening)

### Commission scolaire Eastern Shores

✉ info@essb.qc.ca

📘 Eastern Shores School Board

☎ 418 752-2247

### Carrefour jeunesse emploi des Îles

✉ info@cjedesiles.qc.ca

📘 Carrefour jeunesse-emploi des Îles

☎ 418 986-2536

### Islands' Youth Centre (Fatima)

✉ mdj@ilesdelamadeleine.ca

📘 Maison des Jeunes des Îles

☎ Téléphone: 418 986-4080

### Havre-Aubert Youth Center

📘 Maison des jeunes de Havre-Aubert

☎ 418 937-2597 (Voicemail)

### East End Youth Center

Messenger group for emergency

### Street worker - Mario Pichette

📘 Mario Tdm ☎ 418 937-4417

## Do you have questions about your financial obligations?

### Caisse populaire Desjardins Des Ramées

☎ 418 986-2319, *Lavernière* 7086221, *Cap-aux-Meules* 7086321, *Fatima* 7096221, *Havre-Aubert* 7086421, *Grande-Entrée* 7086438

🌐 [www.desjardins.com/caissedesramees](http://www.desjardins.com/caissedesramees)

### Caisse populaire Desjardins de Havre-aux-Maisons

☎ 418 969-2266, poste 7097227

🌐 [www.desjardins.com/81540027](http://www.desjardins.com/81540027) section commentaires

### Banque Nationale

☎ 418 986-2335

\* Please also check with your service providers

## Business support and to workers

🌐 [www.quebec.ca](http://www.quebec.ca)  
information sur le COVID-19, companies and workers section

🌐 [www.canada.ca](http://www.canada.ca)  
Coronavirus (COVID-19), financial and economic support section

## You have questions related to municipal aspects or provincial?

### Municipality of the Islands

☎ 418 986-3100 \* Possibility of videoconference

### Office of the Member of the National Assembly for Îles-de-la-Madeleine, Mr. Joël Arseneau

✉ [Joel.arseneau.idlm@assnat.qc.ca](mailto:Joel.arseneau.idlm@assnat.qc.ca) 📘 JoëlarseneauDepute

☎ 418 986-4140

### Municipality of the Grosse-Ile

☎ 418 985-2510

📘 Municipality of Grosse Ile

## Have you lost your job due to COVID-19 or you are worried about a loved one who is abroad?

### Federal Member of Parliament's office

(Constituency Assistant, Benoît Cormier)

☎ 418 986-1489