



# Support services for the population of Murdochville



If you have symptoms and feel you may be infected : 1-877-644-4545

You are looking for general information about the current situation and how things are evolving : [quebec.ca/coronavirus](http://quebec.ca/coronavirus)



## URGENT

**CLSC of Murdochville**  
418-784-2572

**Info social service 24/7**  
811

**Suicide Prevention Line**  
1 866 APPELLE (277-3553)

**Accueil Blanche-Goulet**  
(Emergency Shelter)  
418-368-4700, ext: 4 ☎

**Women's Shelter l'Aid'Elle**  
(Women and their children  
experiencing violence and other  
social issues)  
418-368-6883 ☎

**SOS Conjugal violence**  
1-800-363-9010

**CALACS La Bôme** (Victims of  
sexual violence)  
1-866-968-6686 ☎

**CAVAC GÎM** (Victims of crime)  
418-689-4331

**Complaints assistance and support  
services** (Support for people  
experiencing difficulties with health  
and social services or accommodation  
services)  
1-877-767-2227 ☎

**CRRI** (People living with mental  
health issues)  
418-368-1655 ☎

**Mi-Chemin** (Drug addiction, alcohol  
and gambling)  
418-368-6676 ☎

**Convergence** (Support services  
for men)  
Gaspé: 418-360-3960  
1-855 866-4455 ☎

**Droits et recours santé mentale  
GÎM** (Defense of mental health  
rights)  
1-800-463-6192 ☎

**Organisme gaspésien des  
personnes atteintes de cancer  
(OGPAC)** (Cancer support services)  
1-888-924-5050 ☎



## CHILDREN - FAMILY - YOUTH

**Youth social services (CLSC)**  
418-368-2572  
Urgence : 811

**Youth protection (DPI)**  
418-368-3381  
Emergency: 1 800 463-0629

**Carrefour jeunesse emploi  
de La Côte-de-Gaspé**  
(Youth employment services)  
418-368-2121 ☎

**Parent helpline**  
1-800-361-5085

**Association des troubles primaires  
de langage** (For primary language  
impairment issues)  
581-887-2710

**MDJ La Cellulose**  
(Youth organization)  
418-355-8234 ☎

**Youth outreach worker**  
(12-17 years)  
418-269-5292 ☎

**Jeunesse J'écoute** (Youth hotline)  
1-800-668-6868

**ESPACE Gaspésie-les-îles**  
(Child victims of violence)  
1-866-368-2015 ☎



## GROCERIES - PHARMACY - DELIVERY SERVICES

**Marché PAM**  
418-393-2851  
Order by phone or email :  
[marchepam@globetrotter.net](mailto:marchepam@globetrotter.net)  
418-784-2224

**Uniprix de Murdochville**  
418-784-2360



## SERVICES FOR SENIORS AND PEOPLE WITH DISABILITIES

**CISSS** (Home care and support  
service for seniors)  
418-368-2572, ext: 4238

**CAB Les Hauts-Bois**  
[cabhb2@globetrotter.net](mailto:cabhb2@globetrotter.net)  
418-784-2476 ☎

**Alzheimer's Society**  
Service point in Murdochville  
418-393-3535

**Multi-Services** (Help preparing  
meals, errands, essential laundry,  
essential housekeeping)  
418-393-3310, ext: 103-104

**FADOQ**  
(Outreach worker for seniors)  
418-361-2770 ☎

**Association des personnes  
handicapées de Murdochville**  
(For people living with disabilities)  
418-784-2476 ☎

**Elder abuse info line**  
1-888-489-2287

**Association des TCC/AVC**  
(Support for people who have had  
traumatic head trauma or stroke and  
their families )  
418-361-2077 ☎



## FOOD ASSISTANCE

**CAB Les Hauts-Bois**  
[cabhb2@globetrotter.net](mailto:cabhb2@globetrotter.net)  
418-784-2476 ☎



## MUNICIPAL, PROVINCIAL, LEGAL AND OTHER SUPPORT SERVICES

**Ville de Murdochville**  
418-784-2536 ☎

**MRC de La Côte-de-Gaspé**  
418-368-7000  
Web page - Covid-19:  
[www.cotedegaspe.ca/covid-19](http://www.cotedegaspe.ca/covid-19)

**Deputy's office (Gaspé)**  
1-855-368-5827 ☎  
[Meganne.PerryMelancon.GASP@assnat.qc.ca](mailto:Meganne.PerryMelancon.GASP@assnat.qc.ca)

**Regroupement des femmes  
de La Côte-de-Gaspé**  
418-368-1929 ☎

**Coop Accès-Travail** (Employment  
assistance, assistance with requests  
for emergency benefits, etc.)  
418-368-6401 ☎

**Centre local d'emploi  
de la Côte-de-Gaspé**  
(Employment services)  
418-360-8241 / 1-800-663-3647

**Centre de justice de proximité de  
la Gaspésie-Îles-de-la-Madeleine**  
(Free legal information service  
by phone)  
1-844-689-1505 ☎

**Groupe ressource en logements  
collectifs** (Support for tenants  
and housing requests)  
418-368-1355 ☎

**Nation Micmac de Gespeg**  
**Crisis unit Covid-19**  
418-368-6005, ext: 109 ☎



## PUBLIC TRANSPORT

Travel to essential  
services only

**REGÎM**  
Reservation 24 hours in advance  
581-886-0485