



**Lakeridge
Health**

*Please note: This document is solely for the purpose of providing information. Lakeridge Health does not represent or support any organizations or individuals listed here. Information is current as of March 2023 and is subject to change. For immediate help, please call 911 or go to your closest Emergency unit.

BEREAVEMENT SUPPORTS

24-HOUR CRISIS LINES

Distress Centre Durham

905-430-2522 & 1-800-452-0688 - <https://distresscentredurham.com>

Immediate phone support for discussing crisis issues impacting personal well-being. Free of charge.

Durham Mental Health Services

905-666-0483 & 1-800-742-1890 - <https://dmhs.ca>

Range of crisis phone supports for individuals 16+ years old experiencing personal crises. Free of charge.

Hope for Wellness Helpline

1-855-242-3310 - <https://www.hopeforwellness.ca>

Immediate phone and text support for discussing issues impacting personal well-being.

Open to all Indigenous people. Free of charge.

Kids Help Phone

1-800-668-6868 & Text 686865 - <https://kidshelpphone.ca>

Immediate phone and text support for discussing issues impacting personal well-being. Free of charge.

Ontario Shores

1-800-263-2679 - <https://www.ontarioshores.ca>

Immediate phone support for discussing crisis issues impacting personal well-being. Free of charge.

ONTX Ontario Online & Text Services

2:00 PM - 2:00 AM Text 258258 - <https://www.dontario.org/ontx-html/>

Immediate text support for discussing issues impacting personal well-being. Free of charge.

EMOTIONAL SUPPORT

Bereaved Families of Ontario - Durham Region

905-579-4293 & 1-800-387-4870 - <https://bereavedfamilies.net>

Individual and group support for bereaved family members who have lost a child/sibling. Free of charge.

Distress Centre Durham

905-430-3511 & 1-800-452-0688 - <https://distresscentredurham.com/gethelp/suicidesupport-2/>

Virtual group support for bereaved individuals 16+ years old experiencing loss through suicide. Free of charge.

GriefShare

<https://www.griefshare.org>

Online faith-based directory for locating grief support groups and seminars in the local area.

Hearth Place Cancer Support Centre

905-579-4833 - <https://hearthplace.org>

Individual and group supports for bereaved children, teens, and adults experiencing loss through cancer.

Free of charge.

Mygrief.ca – Canadian Virtual Hospice

www.mygrief.ca

Online resource providing supportive education about grief, loss, and bereavement. Free of charge.

Rainbows Canada

1-877-403-2733 - <https://www.rainbows.ca>

Group support programs for children, youth, and young adults related to childhood loss.

Implemented throughout various settings within the Region of Durham community. Free of charge.

VON Durham Hospice Services

905-240-4522 - <https://www.vondurham.org>

Individual and group support for bereaved adults. Partner, parental, and pet loss groups.

Groups for bereaved children and teens. Free of charge.

COUNSELLING

CAREA Community Health Centre

Oshawa: 905-723-0036; Ajax: 905-428-1212; Pickering: 905-420-0333 - <https://www.careachc.ca>

Individual, couples, and family counselling available in-person, by phone, or online.

Individual and group counselling for Indigenous children (aged to 12) and their families.

Free of charge to those with a low income or with barriers to receiving care.

Catholic Family Services from Durham

905-725-3513 & 1-877-282-8932 - <https://cfsdurham.com/english/>

Individual, couples, and family counselling available in-person, by phone, or online.

Cost of services varies by income and family size. French language services available.

Community Care Durham: COPE Mental Health

905-668-6223 & 1-888-255-6680 - <https://www.communitycaredurham.on.ca/services/cope/>

Group support programs for adults aged 16+ available in-person and online. Free of charge.

Family Services Durham (FSD)

905-666-6239 & 1-888-721-0622 ext. 5 - <https://www.durham.ca/en/living-here/counselling.aspx>

Individual counselling available in-person, by phone, or online. Interpreter services available.

Cost of services varies by income and family size.

INCOME SUPPORT BENEFITS

Canada Pension Plan (CPP) Death Benefit

One-time payment to the estate or to other eligible individuals of a deceased CPP contributor.

Amount of benefit is currently a single payment of \$2,500.

Applications can be made by:

- Logging into your MSCA account and completing the online *CPP Death Benefit* form <https://www.canada.ca/en/employment-social-development/services/my-account.html> or
- Completing the *Application for a Canada Pension Plan Death Benefit (ISP1200)* <https://catalogue.servicecanada.gc.ca/content/EForms/en/Detail.html?Form=ISP1200> and mailing in the form or dropping it off at a local Service Canada office

Payments take approximately 6 to 12 weeks to be paid from the time of application submission.

Canada Pension Plan (CPP) Survivor's Pension

Monthly payments to the legal spouse or common-law partner of a deceased CPP contributor.

Amount of benefit is:

- 60% of the contributor's retirement pension if applicant is 65 years of age or older and not receiving other CPP benefits; the current maximum monthly rate is \$783.94 (2023)
- Flat rate portion and 37.5% of the contributor's retirement pension if applicant is under the age of 65 and not receiving other CPP benefits; the current maximum monthly rate is \$707.95 (2023)

Applications can be made by:

- Logging into your MSCA account and completing the online *CPP Survivor's Pension* form <https://www.canada.ca/en/employment-social-development/services/my-account.html> or
- Completing the *Application for a Canada Pension Plan Survivor's Pension and Child(ren)'s Benefits (ISP1300)* and mailing in the form or dropping it off at a local Service Canada office <https://catalogue.servicecanada.gc.ca/content/EForms/en/Detail.html?Form=ISP1300>

Payments take approximately 6 to 12 weeks to be paid from the time of application submission.

Canada Pension Plan (CPP) Children's Benefits

Monthly payment to the dependent child(ren) of a deceased CPP contributor.

Child(ren) must be:

- Under the age of 18
- Under the age of 25 if attending a recognized educational institution full-time
- Natural child of the deceased person
- Legally adopted child under the care of the deceased person while under the age of 21

Amount of benefit is adjusted annually; the current maximum monthly rate is \$281.72 (2023)

Child(ren) under 18 years of age can apply by:

- Completing the *Application for a Canada Pension Plan Survivor's Pension and Child(ren)'s Benefits (ISP1300)* and having the form mailed or dropped off at a local Service Canada office <https://catalogue.servicecanada.gc.ca/content/EForms/en/Detail.html?Form=ISP1300>

Children aged 18 to 25 attending a recognized education institution full-time can apply by:

- Logging into their MSCA account and completing the online *CPP Survivor's Pension* form <https://www.canada.ca/en/employment-social-development/services/my-account.html> or
- Completing the *Application for a Canada Pension Plan Child's Benefit (ISP1400)* and mailing the form or dropping it off at a local Service Canada office <https://catalogue.servicecanada.gc.ca/content/EForms/en/Detail.html?Form=ISP1400>

⇒ Both applications must also include the *Declaration of Attendance at School or University (ISP1401)* form which can be mailed or dropped off at a local Service Canada <https://catalogue.servicecanada.gc.ca/content/EForms/en/Detail.html?Form=ISP1401>

Payments are made one month after the deceased contributor's death and/or 12 months before receipt of the application, including the month the application was received.

Guaranteed Income Supplement (GIS): Allowance for the Survivor

Monthly payment to the spouse of common-law partner of a deceased person:

- Must be between the ages of 60 to 64 and reside in Canada
- Must not have remarried or become a common-law partner to another person
- Must have an annual income of less than the current rate of \$28,080 (2023)

Amount of benefit is adjust annually based on the previous year's income; the current maximum monthly rate is \$1,556.51 (2023).

Applications can be made by reviewing the following process:

<https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement/allowance-survivor/apply.html>

Canadian Benefit for Parents of Young Victims of Crime

Bi-weekly payments to parents or legal guardians who are unable to work and are suffering a loss of income due to coping with the death or disappearance of their child(ren).

Amount of benefit is currently \$450 per week for a maximum of 35 weeks over a 2-year period.

Applications can be made by reviewing the following process:

<https://www.canada.ca/en/employment-social-development/services/parents-young-victims-crime.html>

FUNERAL COST ASSISTANCE PROGRAMS

The following may be able to provide financial assistance:

Canada Pension Plan: 1-800-277-9914 (see *Canada Pension Plan Death Benefit*)

<https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-death-benefit.html>

Veterans Affairs Canada (Last Post Fund): 1-866-522-2122 & 1-800-465-7113

<https://www.veterans.gc.ca/eng/financial-support/death-and-bereavement/funeral-burial-assistance>

Workplace Safety and Insurance Board (WSIB) Ontario: 1-800-387-0750

<https://www.wsib.ca/en/survivorsbenefits>

Region of Durham Social Services (Ontario Works): 1-877-678-6333

<https://basicfunerals.ca/social-services/>

Life insurance providers may also provide support; contact your insurance company to inquire.

Funerals Directors at your local funeral homes can assist by providing their available services and costs.



**Lakeridge
Health**