

## Donor Family Support Guide

Every year in BC, many families choose to make the ultimate gift: the gift of life. However, although this gift is much appreciated by transplant recipients, there are many complex emotions involved when a loved one becomes an organ donor.

The following is a list of some resources available to donor families throughout BC. Please also consider connecting with BC Transplant's Family Services Program Facilitator at [donorfamily@bct.phsa.ca](mailto:donorfamily@bct.phsa.ca) or **604-877-2143** to further discuss available supports.

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### End of Life Planning

#### [What to Do When Someone Dies \(Government of BC\)](#)

- This is a guide to administering the estate of a loved one. It has information with respect to financial supports that you may be able to access in Canada. Not all information will be applicable to everyone.

#### [Dying Without a Will \(Nidus\)](#)

- When a loved one dies without a Will it can create some additional work and this fact sheet helps illuminate additional steps to be taken.
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### Funeral Services

<http://bcfunerals.com/public/funeral-planning>

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### Financial Supports

#### [Ministry Assistance with Funeral Costs](#)

- The Ministry of Social Development and Poverty Reduction may provide financial assistance with the cost of end of life arrangements for people whose estate or family unit do not have the financial resources to do so. Call MSDPR at **1-866-866-0800**.

#### [Canada Pension Plan Survivor's Pension](#)

- The Canada Pension Plan Survivor's Pension is paid to the person who, at the time of death, is the legal spouse or common law partner of the deceased CPP contributor.

#### [Canada Pension Plan Death Benefit](#)

- This is a one-time, lump-sum payment to the estate of the deceased contributor. The executor of the estate or Next-of-kin should apply within 60 days of the death of the CPP contributor.

### [Crime Victim Assistance Program](#)

- This is a BC government program that can provide financial assistance to the immediate family members of victims of crime. Available supports can include counselling, prescription drugs, transportation, funeral expenses, and bereavement leave, among others.

### [First Nations Health Authority - Mental Wellness and Counselling](#)

- FNHA provides financial support for Indigenous people residing in BC to access a 2 hour intake/assessment and 20 hours of counselling services over a 12 month period from a clinical counsellor, social worker, or psychologist.
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## Grief and Bereavement Resources

### [Crisis Line Association of BC](#)

#### **1-800-SUICIDE (1-800-784-2433)**

- Connect to free counselling services **24 hrs/7 days**.

#### **310Mental Health Support (310-6789)**

- Access emotional support, information and resources related to Mental Health **24 hrs/7 days**.

### [KUU-US Crisis Line for Indigenous Adults/Elders & Youth](#)

#### **1-800-588-8717**

- Call to access free counselling 24 hrs/7 days for Indigenous adults/elders and youth.

### [BC Bereavement Helpline](#)

- Non-profit, free, and confidential service that connects the public to grief support services in over 80 communities in BC.
- Contact the Helpline Monday to Friday, 9am – 5pm, at **604-738-0050** or toll free **1-877-779-2223** or email [contact@bcbh.ca](mailto:contact@bcbh.ca)

### [Counselling BC](#)

- This is an online directory for counsellors practicing in British Columbia. You are able to search based on your community, language, and desired specialties such as ‘grief and loss’ or ‘addiction.’

### [BC Association of Clinical Counsellors](#)

- This is a searchable directory of Registered Clinical Counsellors practicing in BC. You are able to search based on city, modality, area of practice, and language.

[Maple Virtual Health - Online Counselling](#)

[Better Help - Online counselling](#)

[Lower Mainland Grief Recovery Society](#)

[Family Services of Greater Vancouver](#)

- Subsidized counselling services available based on assessment of income; Services available in multiple languages; waitlist for services.

[The Compassionate Friends of Canada - BC Chapters](#)

[Directory of Hospice Societies in BC](#)

- Local hospice societies often have free or low cost grief and loss counselling and groups. Contact your local hospice society to find out more about what specific programming they offer.
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## Death by Overdose

[Gone Too Soon: Navigating grief and loss as a result of substance use](#)

- An excellent resource package produced by the BC Centre on Substance Use that focusses on substance use, but may resonate equally well for people experiencing losses in many other contexts.

[Mom's Stop the Harm](#)

- This is a network of Canadian families whose loved ones died of drug-related harms or who have struggled with substance use. Grief support is available in the form of groups, education, and opportunities for advocacy.

[Grief Recovery After Substance Passing \(GRASP\) - Langley/Surrey Chapter](#)

- Group held on first Thursday of each month from 6pm-8pm. Contact facilitator to register prior to first attendance. Contact [grasplangleysurreyfraservalley@gmail.com](mailto:grasplangleysurreyfraservalley@gmail.com)
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## Death by Homicide

[BC Victims of Homicide](#)

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## Death by Suicide

[After a Student Suicide](#)

[S.A.F.E.R. Suicide Bereavement](#)

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## Online Grief and Loss Resources and Communities

[What's Your Grief](#)

[Canadian Virtual Hospice](#)

[Living My Culture](#)

- This site administered by the Canadian Virtual Hospice provides video and print content that is culturally specific. To date, eleven indigenous and diasporic cultures are represented.

[The Dougy Center - The National Center for Grieving Children and Families](#)

- Specializes in the support of children, teens, young adults and their families who are grieving a death.
- [Grief Out Loud podcast](#) – many episodes covering a wide variety of topics and experiences of grief and loss.

[The Center for Loss & Life Transition - Dr. Alan Wolfelt](#)

- Dr. Wolfelt is a respected grief counselor, educator, and author. He is well known for his companioning philosophy of grief care.