

Accessing the Government N.L. Cost of Living Benefit

Who qualifies for a payment?

Any individual resident of Newfoundland and Labrador who:

- Is aged 18 and older as of December 31, 2022
- Has filed a 2021 tax return as a resident of the province
- Earns an adjusted income of less than \$125,000 per year

Residents with an adjusted income of less than \$100,000 will receive \$500. Residents with an adjusted income between \$100,000 and \$125,000 will receive a partial payment between \$250 and \$500.

Residents who haven't filed their 2021 tax return may do so up until December 31, 2022, to be able to receive this benefit. No application is required.

How are the payments going out?

Physical cheques will be postal mailed by the provincial government to residents' home addresses currently on file with the Canada Revenue Agency as of June 2022.

The Government of Newfoundland and Labrador will issue cheques beginning mid-November 2022. Cheques will be processed over a period of at least six weeks, with the processing order based on individual incomes (lowest to highest).

Where can I go to get help filing my taxes?

Residents can contact the Community Volunteer Income Tax Program (toll free) at **1-855-516-4405**.

211 Find Help also has tax-filing listings to assist residents with completing their 2021 tax return to receive the cost of living benefit. Call or text **211**, or see their website at nl.211.ca

Seniors NL can assist residents aged 50+ with filing their tax return to receive the benefit. Call them toll-free at: **1-800-563-5599**, or email: info@seniorsnl.ca

How do I give CRA my correct address?

Cheques will be mailed to eligible residents based on their address on file with the Canada Revenue Agency as of June 2022.

Please contact the Tax Administration Division at 1-877-729-6376 or email taxadmin@gov.nl.ca should you require an address change or have any questions about this program.

What if I don't have a fixed address?

Individuals and families without a fixed address can often use the mailing address of a local organization or community center. If you don't have a trusted family member or friend with a fixed address nearby, contact your closest community center or a local service provider.

Where did we source our information?

For this resource, we summarized information from the [Public Advisory](#) and [One-Time Cost of Living Relief](#) released from the [Department of Finance](#). We also consulted the [Cost of Living Relief Regulations](#) issued by the [Office of the Legislative Counsel](#). To our knowledge, this is the most accurate information from official sources. That said, people's experiences receiving the cost of living payment may differ.



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