

## By phone:

### ▼ Call the automated toll-free line

#### Before you call

To verify your identity, you'll need your:

- Social Insurance Number (SIN)
- postal code
- Date of birth

Have a pen and paper ready to note down information during the call.

#### Telephone number

 [1-800-959-2019](tel:1-800-959-2019) or  [1-800-959-2041](tel:1-800-959-2041)

### ▼ Instructions

1. Select your language preference: English or French
2. Press '1' to apply for one of the new Canada recovery benefits
3. Press '3' to apply for the Canada Recovery Benefit (CRB)
4. Follow the prompts to enter your information, including:
  - your SIN
  - confirmation of your postal code
  - your date of birth
  - the period you are applying for
5. Certify that you qualify for the benefit

#### Hours

Monday to Sunday

6 am to 3 am (Eastern time)

Keep getting your payments →

Did you find what you were looking for?