

# THE Accent

Prince Edward Island Union of Public Sector Employees

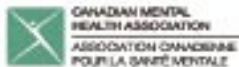
*Mental Health Week: May 6-12, 2013*

*We all have mental health, just as we all have physical health.  
Mental health is more than the absence of mental illness.  
It's a state of well-being.*

*(Canadian Mental Health Association)*

## Youth Mental Health

*Did you know that up to 70% of young adults living with mental health problems report that the symptoms started in childhood?*



The Accent is an internal publication of the Prince Edward Island Union of Public Sector Employees. Comments, questions, concerns and suggestions should be sent to: Mark Barrett, PEI UPSE Communications and Campaigns Officer, at [mbarrett@peiupse.ca](mailto:mbarrett@peiupse.ca).

Note to members distributing The Accent:

Because the material contained in this publication is often of a time-sensitive nature, please post or distribute it as soon as possible.

*PEI UPSE is proud to represent over 5000 members in the public and private sectors.*

# Did you know you have a death benefit?

## **Retirees** ([www.peicssf.ca](http://www.peicssf.ca))

If you participated in the **Civil Service Superannuation Fund** and are a **retiree**, the plan will pay your beneficiary the following lump-sum benefits if you pass away:

\$5,000 (or your basic life insurance in effect prior to your retirement, if you retired from the Civil Service before June 1, 1997, with a pension from the Pension Plan, and you pass away before age 65).

**Plus** if you are under age 65, optional life insurance coverage chosen before retirement - up to \$300,000 (*same amounts as for natural death*).

**Plus** the following amounts, if applicable:

- basic accidental death benefits of \$5,000, if you retired from the Civil Service on or after June 1, 1997
- basic accidental death benefits of 2 x your earnings, up to age 65 (\$5,000 afterward), if you retired from the Civil Service before June 1, 1997
- if you are under age 65, optional accidental death coverage chosen before retirement (up to \$300,000)

## **Actives** ([www.peicssf.ca](http://www.peicssf.ca))

- full-time employees: 3 x your annual earnings, to a maximum of \$300,000, with certain exceptions
- part-time Civil Service employees: 2 x your annual earnings; minimum \$25,000 and maximum \$175,000