

Social Security Retirement & Survivors Benefits

Below you will find links to resources and information about Social Security benefits. Additionally, you can view details on how to seek assistance or aid from a lawyer, if needed. Some areas of the state have more information than others. You may wish to look at information from other areas as well as your own.

[What You Need To Know When You Get Retirement or Survivors Benefits](#)

This resource from the Social Security Administration explains your rights and responsibilities when you receive retirement or survivors benefits.

[Retirement Planner: Getting Benefits While Working](#)

Find out how you can receive Social Security retirement (or survivor) benefits while you continue to work.

[How to Cope with Social Security Overpayments](#)

It's possible that the Social Security Administration may accidentally overpay you. If you receive a Notice of Overpayment, this resource from Pine Tree Legal Assistance can help you figure out what to do.

[If You Are The Survivor](#)

Use this resource from the SSA to learn what to do if you are the survivor (spouse, parent, child) of a worker who dies.

[Planning For Your Survivors](#)

This resource from the SSA will help you plan for the future so your family can receive benefits if you have earned enough Social Security credits through your work..

[Identity Theft and Your Social Security Number](#)

This resource from Legal Aid of East Tennessee provides tips on how to protect yourself from identify theft . It will also tell you what to do if you find that someone

has stolen your Social Security number.

[Extra Help For Children With Extra Needs](#)

If your child is disabled, this guide from Legal Aid Society of Middle Tennessee and the Cumberlandands can help you figure out if you qualify for Supplemental Security Income payments.

Legal Advice

[TN Free Legal Answers](#)

If you are in Tennessee, the website, Free Legal Answers, allows you to ask a lawyer for help with a legal issue at no cost. It is fast and easy, and all you need is a computer. This is a FREE service for people who cannot afford a lawyer.

How it works:

- You will answer a few questions to see if you qualify for their service. If you qualify, you will have the option to create an account.
- If you are eligible, you can ask their volunteer attorneys a non-criminal legal question.
- Once your question receives a response, you will get an email. You will need to sign into the website to read your response and ask any additional questions.

Visit <https://tn.freelegalanswers.org/> to sign up.

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