

# Social Security Disability & SSI

*Below you will find links to resources about Social Security and Supplemental Security Income benefits. Additionally, you can find information on how to seek 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.*

## **National**

### **[Social Security Disability](#)**

This resource from the Social Security Administration provides helpful information about disability benefits. You can find out how to apply for disability benefits here. Additionally, if you already receive benefits, learn how to manage them online.

### **[Social Security Administration Information on SSI](#)**

This resource from the Social Security Administration can provide information about Supplemental Security Income that may help you. This program pays benefits to disabled adults and children who have limited income and resources.

### **[An Overview of Social Security Disability Benefits](#)**

Here you can find an overview of Social Security disability benefits including Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). This information comes from the National Organization of Social Security Claimants' Representatives.

## **Additional Resources**

### **[Setting Up an Online Social Security Account](#)** (Video)

Learn how to set up your online Social Security account in this video created by Legal Aid of East Tennessee.

### **[Special Terms and Acronyms used by Social Security](#)**

This glossary, provided by the Social Security Administration, outlines terms that are helpful to know when reading about Social Security benefits.

## 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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