

Pensions and Retirement

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Below you will find links to resources that provide information about pensions and retirement plans. 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 in addition to your own.

National Resources

The following resources are provided by the Pensions Rights Center:

[Basic Information about Pensions, IRAs and 401\(k\) plans](#)

This resource includes general retirement information about pensions, IRAs, 401(k) plans, and more.

Statewide Resources

[Tennessee Consolidated Retirement System](#)

This helpful resource provides access to informational and educational resources regarding retirement.

Additional Resources

[Mid-America Pension Rights Project](#)

If you have issues with your pension, the Mid-America Pension Rights Project may be able to help. Follow the link above to find more information about their services.

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.

Last updated on May 20, 2024.

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