

# 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.*

## National

### [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.

## Social Security Survivors Planner

### [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..

### [Prepaid Debit Cards for Social Security and SSI Benefits](#)

This guide from the National Consumer Law Center provides valuable information about using prepaid cards for Social Security and SSI benefits.

# East Tennessee

## [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.

# Middle Tennessee

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

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

# Forms

## [Standard Court Forms for all of Tennessee](#)

This resource contains standard court forms that are approved for all counties of Tennessee. If you need help filing one of these forms, you can ask a lawyer in your area.

# 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.

## Find Representation:

### [Statewide Directory](#)

The Statewide Directory provides information regarding Legal Aid Attorneys and other agencies by county in Tennessee.

Still need assistance? Please speak to a librarian at your local library – they may have additional resources to assist you.

Last updated on January 26, 2021.

[TennCare / Health](#)

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