

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 Disability Processes \(Videos\)](#)

This 6-part series of videos from the Social Security Administration outlines the different parts of the Social Security disability claims process.

[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.

[Appealing a Social Security Disability Decision](#)

If you need to appeal a Social Security disability decision, this guide includes information about what you'll need to submit an appeal. Also from this page, you can submit your appeal online.

East Tennessee

Understanding the Steps in the Social Security Disability Process

Here you can find a pamphlet from Legal Aid of East Tennessee about the Social Security disability process. This guide includes how to know if you are eligible for these benefits and detailed steps on how to apply.

Please note that the phone numbers listed may not be for your county. Find representation in your own county by using the resources below.

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.

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.

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[TennCare / Health](#)

[Social Security SSI Overpayment Disability Appeals](#)

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