

How to Get Help from Social Security

Social Security is here to help. We want you to know how to get the service you need and to be prepared so we can help you as quickly and safely as possible.



Go online to SSA.gov.
Our website is the best way for most people to get help.



If you cannot use our website, call our National 800 Number (1-800-772-1213) or your local Social Security office for help.



We will schedule an **appointment** for you, **if necessary**, to serve you by phone or in person.

In-office appointments are no longer required but strongly recommended.*

What to Know if You Must Visit an Office:

Masks are required for all office visitors and employees. We will provide a mask if you do not have one.

Visitor capacity is limited. This means **you may need to wait outside**, so plan for the weather.

We ask that you **come alone unless you require help with your visit.** If you require help, we can only permit one adult to join you. Children are allowed.

We appreciate your patience and understanding.

*A small number of offices temporarily may be closed or only able to provide service by appointment due to construction, inability to permit people to wait outside the office, or other reasons. Visit www.ssa.gov/emergency.



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Social Security Administration
Publication No. 05-10558
April 2022 (Recycle prior editions)
How to Get Help from Social Security
Produced and published at U.S. taxpayer expense