

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 as quickly 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** to serve you by phone or in person.

If you need in-person help, you must make an appointment.

When You Visit an Office:

Our Mobile Check-In Express feature makes it easier to check-in, just scan the QR code located at your local Social Security office to check-in for your appointment.



Securing today
and tomorrow

SSA.gov |     

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