

How to Contact the Social Security Administration

How Can I Reach the Social Security Administration?

- You can access the agency's website at www.socialsecurity.gov
- You can call the national, toll-free telephone number at **1-800-772-1213**
- Office hours are Mon, Tues, Thurs and Friday 9-3; Wednesday's 9-12

What Can I Do Online at www.socialsecurity.gov?

- You can file for retirement, and/or Medicare, disability and/or spouse's benefits
- You can check the status of a benefit application
- You can change an address and/or phone number, if you receive monthly benefits
- You can sign up for direct deposit of Social Security benefits
- You can use the agency's benefit planners to help better understand Social Security protection in planning one's financial future
- You can use the convenient benefit calculators to figure monthly benefit amounts
- You can request a replacement Medicare card
- You can find helpful information and references

How Do I Reach Telephone Services?

Social Security's toll-free telephone number, **1-800-772-1213**, operates from 7 a.m. to 7 p.m., Monday through Friday. People who are deaf or hard of hearing may call the agency's toll-free TTY number, **1-800-325-0778**, between 7 a.m. and 7 p.m. Monday through Friday. Individuals who call the national 800 number can speak to a representative or use the automated telephone services to conduct important Social Security business over the phone.

Where Can I Visit a Social Security Field Office?

People who wish to conduct business in person can visit our surrounding Social Security Offices: Holyoke, Pittsfield, Springfield, Gardner, and Keene, NH.

200 High Street
Holyoke, MA 01040
877-480-4989

78 Center Street
Pittsfield, MA 01201
866-446-7111

70 Bond Street
Springfield, MA 01104
866-964-5061

354 Main Street
Gardner, MA 01440
877-628-6580

34 Mechanic Street
Keene, NH 03431
877-405-3651

51 Myrtle Street
Worcester, Ma 01608
866-331-9069

*Directions and phone numbers for local offices are available on our website www.socialsecurity.gov by clicking "Locate a Social Security office," or by calling **1-800-772-1213**.*

