

On behalf of the Social Security Administration (SSA), we want you to know that during the current coronavirus pandemic, SSA continues to provide assistance to you and others in your community.

While their offices are not providing walk-in service due to COVID-19, SSA remains committed to providing ongoing benefits and vital services. You can speak with a representative by calling your local office – see below for phone numbers of offices in the Tidewater/Coastal Virginia area:

* Norfolk- 1-866-858-6089
* Virginia Beach-1-888-377-5237
* Suffolk-1-866-835-7769
* Portsmouth-1-866-593-8551
* Newport News-1-866-331-9169
* Hampton-1-866-592-2669

SSA has many secure and convenient services at [www.socialsecurity.gov](http://www.socialsecurity.gov). If you have a My Social Security online account you can:

* Change your address, telephone or bank account information
* Request a replacement Social Security card or 1099
* Print a benefit verification letter and much more.

Most SSA requests can be handled online, but we know that many people still rely on phone or in-person help, which is why we want you to know that you can always give us a call. In addition, if you have a critical situation that can’t be handled by phone or online, we should be able to schedule an appointment for you.

**If you need help from SSA, please don’t wait until we can see you in person – reach out now, call your local office and get the help you need.**