

## **Social Security Administration**



**Social Security**

The Social Security Disability Insurance and Supplemental Security Income disability programs are the largest of several Federal programs that provide assistance to people with disabilities. While these two programs are different in many ways, both are administered by the Social Security Administration and only individuals who have a disability and meet medical criteria may qualify for benefits under either program.

<https://www.ssa.gov/disability>

Social Security Disability Insurance (SSDI) pays benefits to you and certain members of your family if you are "insured," meaning that you worked long enough and paid Social Security taxes.

<https://www.ssa.gov/ssi>

Supplemental Security Income (SSI) pays benefits based on financial need.

Definition of a Disability: SSA considers someone to have a qualifying disability under Social Security rules if all the following are true:

- You cannot do work and engage in substantial gainful activity (SGA) because of your medical condition.
- You cannot do work you did previously or adjust to other work because of your medical condition.
- Your condition has lasted or is expected to last for at least one year or to result in death.

### **Apply Online**

[www.ssa.gov](http://www.ssa.gov)

### **Apply By Phone**

Available in most U.S. time zones Monday – Friday 8 a.m. – 7 p.m. in English and other languages.

Call [+1 800-772-1213](tel:+18007721213)

Tell the agent you want to set up an appointment to apply for benefits. They'll schedule it and determine whether it'll be on the phone or in person.

Call TTY [+1 800-325-0778](tel:+18003250778) if you're deaf or hard of hearing.



## **DHHS: Bureau of Family Assistance**

The New Hampshire Department of Health and Human Services (DHHS) is the largest agency in New Hampshire state government, responsible for the health, safety and well-being of the citizens of New Hampshire.

DHHS is here to help you with:

- Foods and Meal Assistance
- Medical – Medicaid
- Childcare, Parenting, Childbirth
- Financial Assistance
- Housing Service
- And much more

<https://www.dhhs.nh.gov/>

### **Apply By Phone:**

1-844-ASK-DHHS (1-844-275-3447)

Mon to Fri: 9:00 am - 4:00 pm

### **Apply In Person District Offices:**

Find your local District Office: <https://www.dhhs.nh.gov/about-dhhs/locations-facilities#locations>

It is recommended to call prior visiting an office.

### **Apply Online:**

<https://nheasy.nh.gov>

SNAP

<https://nheasy.nh.gov/#/services/Food%20Assistance>

Medicaid

<https://nheasy.nh.gov/#/services/Medical>

Childcare

<https://www.nh-connections.org/>

Cash Assistance

<https://nheasy.nh.gov/#/services/Cash>

### **Income Limits:**

<https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents2/bfa-program-fact-sheet.pdf>

<https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/documents2/bfa-program-net-monthly-income-limits.pdf>

## **Housing Information**

<https://www.nhhfa.org/rental-assistance/>

The goal of the federal Housing Choice Voucher Program (Section 8) is to provide safe, decent, sanitary, and affordable housing to very low-income households.

Through the program, a qualified household pays a portion of their adjusted income toward rent and utilities, and New Hampshire Housing pays the remainder directly to the landlord. The household selects its rental unit, which must meet certain housing quality standards.

Program eligibility and assistance is based upon income and household size. To be eligible for the program, applicants must have incomes below 50% of their Area Median Income.

### **Apply By Phone**

1-800-439-7247

### **Apply Online**

<https://www.nhhfa.org/rental-assistance/>

**Income Limits:** <https://www.nhhfa.org/rental-assistance/housing-choice-voucher-program/forms-publications/?term=hud+income+limits>