

AGENCY:	CONTACT BY:		NOTES:
OFFICE OF PERSONNEL MANAGEMENT	PHONE	888-767-6738; TTY: 855-887-4957 Hearing impaired users may use the Federal Relay Service by dialing 800-877-8339 to reach a Communications Assistant (CA). The CA will dial the requested number and relay the conversation between a standard (voice) telephone user and text telephone (TTY) user.	The call volume is high at OPM. To avoid longer than necessary wait times, try calling early in the morning.
	MAIL	U.S. Office of Personnel Management Retirement Operations Center P.O. Box 45 Boyers, PA 16017	Check OPM's website to learn more about the proper procedure for reporting changes: www.opm.gov/retirement-services/my-annuity-and-benefits/life-events/
	INTERNET	www.servicessonline.opm.gov/	Services Online can be used for changing address, tax withholding and many other routine transactions.
	OFFICE	U.S. Office of Personnel Management 1900 E Street, NW Room 1323 Washington, DC 20415 7:40 a.m.-5 p.m. ET Monday through Thursday 8:30 a.m.-3 p.m. ET Friday	Although OPM maintains a "walk-up" window at OPM Headquarters, most transactions can be accomplished online or by mail.
SOCIAL SECURITY ADMINISTRATION	PHONE	800-772-1213, 7 a.m.-7 P.M. Deaf or hard of hearing, call toll-free TTY number 800-325-0778.	Call volume at Social Security is high, and it is best to call early in the morning.
	MAIL	Social Security Administration Office of Public Inquiries 1100 West High Rise 6401 Security Blvd. Baltimore, MD 21235	Do not send applications or documents needed to request a Social Security number or benefits to this address. If you are unsure where to send these materials, call the toll-free number or contact your local Social Security office.
	INTERNET	www.ssa.gov/	Many Social Security transactions, including applying for Social Security and Medicare, can be accomplished online. Setting up a "my Social Security" account provides access to your personal benefits statement online.
	LOCAL OFFICE	www.ssa.gov . On Frequently Asked Questions page, enter "local office" in search box. 800-772-1213	It is best to call the 800 number to see if you are able to set up an appointment for the service you are requesting before visiting.
THRIFT SAVINGS PLAN	PHONE	TSP-YOU-FRST (877-968-3778); TDD: TSP-THRIFT5 (877-847-4385) for hearing-impaired participants International callers who cannot use the toll-free number should call 404-233-4400 (not toll free).	Automated response 24/7; speak to a representative from 7 a.m.-9 p.m. ET, Monday-Friday. Press 3 to speak to a Participant Service Representative (PSR) when calling the ThriftLine. PSRs handle questions about loans, contribution allocations, interfund transfers, designations of beneficiaries and withdrawals.
	MAIL	General Correspondence: Thrift Savings Plan P.O. Box 385021 Birmingham, AL 35238	There are specific addresses for the type of change you are reporting. Be sure to use the correct address for your forms or correspondence: www.tsp.gov/ParticipantSupport/Content/contact/sendingFaxMail.html
	INTERNET	www.tsp.gov	TSP has provided a website orientation if needed: www.tsp.gov/ParticipantSupport/Content/index.html