**Subject Line:** **Protect the Social Security Administration and its Programs**

Dear Rep. [LAST NAME OF REPRESENTATIVE],

My name is [FIRST AND LAST NAME], and I’m writing from [CITY, STATE]. I urge you to **oppose any efforts** to cut or eliminate the **Social Security Administration or its programs**, including SSDI and SSI. These programs are essential for millions of people with disabilities, providing the financial stability and healthcare they rely on. Cutting or eliminating these programs would put disabled individuals at risk of **extreme poverty**, **homelessness**, and the loss of critical support services.

Please protect Social Security and the Social Security Administration and ensure that people with disabilities can continue to live with **dignity** and **independence**.

Sincerely,

[FIRST AND LAST NAME]