



CONTACT INFO FOR CONGRESS

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You can also follow legislation in both chambers of congress through www.govtrack.us/congress



Suggestions from a former Staffer on calling your representatives.

1. Give your name, city, and zip code. You can say “I don’t need a response.” That way, they can quickly confirm you’re a constituent, and then tally your call without taking the time to input you into a response database.
2. Most of the time, call only your representatives. Your tally will not be marked down unless you’re from the representatives’ districts. There may be exceptions to this, such as when a representative is supposedly taking a national poll.
3. State the issue, state your position. “I am in favor of stricter gun control legislation including background checks.” “I am in favor of the Affordable Care Act.” That’s it. The office simply wants to get a tally of who’s in favor, and who’s against. Be simple and direct.
4. Please be nice! The people answering the phone have a difficult job. Thank them for taking your information and for passing it on to your representative. What might this sound like?
“Hi, my name is _____. I’m a constituent from Plymouth, zip code 55446. I don’t need a response. I am opposed to any cuts to Social Security and Medicare. I encourage Representative _____ to vote against any bills that would undermine these important programs. Thank you.”
Keeping it short and sweet helps the office answer more calls per hour, meaning more people get heard. The bigger the tally, the more powerful our voice. Pick one issue each day and call your two Senators and one Representative, and you’ll be on your way to having your voice heard.