Contacting your Senators and Representatives

Calling your congress: https://www.callmycongress.com

➢ Type in your address and your congress people are listed with their phone numbers.

Emailing your congressmen

Senators

Go to link: http://www.senate.gov/senators/states.htm

➢ Click on your state
➢ Click on your senator’s name
➢ Click on the link that says Contact [their name]

Follow directions from there.

Representatives

Go to link: http://www.house.gov/representatives/find/
Enter in your zip and click the red bar “FIND YOUR REP BYZIP”

➢ Underneath the representatives picture is an envelope to indicate email... click on this.
➢ Under the Representatives name is a link to send them an email or follow page directions.

A website that I used to help direct me on my letter was:

http://usgovinfo.about.com/od/uscongress/a/letterscongress.htm

It is important to contact both, as there are separate bills for both the senate and House of Representatives.