

Tips for Finding Contact Information for Your Members of Congress

Contact information for Members of Congress is available on the internet or by calling the U.S. Capitol switchboard and requesting the Member's office.

If you are unable to visit your Member(s) office, consider attending a **town hall meeting** if s/he will be holding one near you. Another great way to communicate with your Member(s) is to **send personal letters or emails** to their offices. While many Members do not consider form letters very persuasive, most pay special attention to personal letters.

To find contact information for your U.S. Representative:

- If you don't know who your Representative is, go to <http://www.house.gov/> and type your ZIP code into the box in the upper left corner of the page.
- If you do know who your Representative is, go to http://www.house.gov/house/MemberWWW_by_State.shtml and scroll down the list.
- By phone, call the U.S. Capitol Switchboard, (202) 224-3121, and ask for your Representative's office.

To find contact information for your U.S. Senators:

- If you don't know who your Senators are, go to <http://senate.gov/> and choose your state from the drop down menu in the upper right corner of the page.
- If you do know who your Senators are, go to http://senate.gov/general/contact_information/senators_cfm.cfm and scroll down the list.
- By phone, call the U.S. Capitol Switchboard, (202) 224-3121, and ask for your Senators' offices.

The links above will take you to the individual Member's website. His/her website will list contact information for Washington, DC, and for home district or state offices.

Each Member prefers to receive constituent contact differently. Contact information posted on a Member's web site may include an email address, or there might be a separate email tab or link to a different section of the Member's home page. Some Members prefer to have constituents use web forms to submit their letters – just copy and paste your letter into the form. Others provide email addresses and fax numbers for your use.

If you have a relationship with a Member's staff person, it's a great idea to email him/her directly. In addition, email and fax correspondence to the Member's general email address and fax number.

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