

# Calling Congress



Calling your congressperson is a personal and an effective means of stating your concerns to lawmakers. If you'd like to contact the office of your congressperson directly, you may use the phone number for the Washington, D.C. office given on their website.

However, a more successful route may be to contact one of the district offices listed on their website. District offices receive less calls overall, and increase your chances of speaking to a congressional staffer. Stating "I don't need a response" during your call will make the calling process easier for the staffer receiving your call. Regardless of which number you choose, most offices count the number of calls that they receive. So, simply leaving a message is a sure way to make sure that your voice is heard on legislation that you care about. Here is a sample script that can be used and modified as needed for calling your congressperson.

## Sample Script for Phone Call to Congressperson

Hi, my name is [insert your name]. I'm a constituent from [insert your city and state], [insert your zipcode here]. I don't need a response.

I am calling to urge Senator/Representative \_\_\_\_\_ to act on [insert cause of your choice]. I am concerned about this issue because [\_\_\_\_\_] and I strongly encourage the Senator/Representative to support laws to address this issue. Thank you for your hard work!

[If leaving a voicemail, state your full street address to ensure that your call is accounted for.]