

## **Calling your Legislator:**

Calling your legislator is quick and easy. There is no need to feel intimidated by calling. The phone call should be simple and short. Tell the person what you would like to support or oppose. Share a personal story if you would like. **Keep in mind that you will not actually speak with your legislator. Phone calls are usually taken by their staff members.**

1. Call the Capitol Switchboard and ask for your U.S. Senator's or U.S. Representative's office: **(202)224-3121**. You may need to give your address and zip code in order to be connected with your correct representative.
2. When you are connected to a staff member who works for your legislator, first state your name and where you are from. If you are their constituent, make sure to let them know.
3. Next, tell the staff member whether you support or oppose (Bill Title and Name).

Example: "Please let Senator/Representative (Last Name) know that I support/oppose SB (Senate Bill) #/H.R. (House Resolution) #."

(\*See "How do I contact my legislator" to find your State legislators' contact number)

