



Guide to Contacting Your Elected Representatives

To contact your U.S. Senators and Congressmen while they are on recess back in their district offices, consider the following methods.

1. Phone Calls

- **Direct Calls:** Call their district office directly. The contact information for their local offices can typically be found on their official website.
- **Office Hours:** Ask if there are any specific times set aside for constituent calls or office hours.

2. Emails and Letters

- **Emails:** Use the contact form on their official website to send an email. This is a quick and direct method.
- **Letters:** Write a letter and mail it to their district office. Physical letters can sometimes have a greater impact due to their tangible nature.

3. In-Person Visits

- **Town Halls:** Attend town hall meetings or public forums. These are often announced on their website or social media pages.
- **Appointments:** Schedule a meeting at their district office. Call ahead to make an appointment to ensure you get to speak with them or their staff.

4. Social Media

- **Direct Messages and Public Posts:** Engage with them on social media platforms like Twitter, Facebook, and Instagram. While public posts can get attention, direct messages may be more private and effective.
- **Follow and Comment:** Follow their accounts to stay updated on their activities and comment on their posts to voice your concerns.

5. Community Events

- **Public Events:** Look for public appearances, such as community events or speaking engagements, where you can approach them directly.
- **Local Office Hours:** Many representatives hold "office hours" in various locations within their district. Check their website or newsletters for details.

6. Advocacy Groups

- **Collaboration:** Join local advocacy groups that align with your concerns. These groups often have established communication channels and can amplify your voice.
- **Events and Campaigns:** Participate in events or campaigns organized by these groups to gain collective influence.

Contact Information Resources

- **Official Websites:** Each senator and congressman has an official website with contact information.
- **Congress.gov:** This site provides contact information for all members of Congress.
- **State and Local Party Offices:** They often have additional contact information and can provide guidance on the best ways to reach your representatives.