

Contacting Congress

What is Congress?

The United States Congress is the federal law-making body of the United States. The main job of Congress is to make federal laws that affect our daily lives regardless of where we live in the United States. Congress is made up of two parts, the Senate and the House of Representatives. Senators and House of Representatives are both elected by the voters of their state or territory.

Why Contact Congress?

- You have knowledge that Members of Congress could benefit from learning.
- Your daily life will be impacted by decisions made by Members of Congress.
- You vote and can hold Members of Congress accountable by voting in elections.
- If you do not speak up, someone else will speak for you

Who Can Contact Congress?

Anyone! Contacting Congress is open to all people (individuals, organizations, agencies, business owners, providers, stakeholders, etc.) that are interested in the federal laws that impact their daily life.

How Can You Contact Congress?

There are many ways to contact Congress, however, before you contact Members of Congress, consider the following:

- Learn about and try to understand the issue and try to be specific when referencing the law or regulation that you are contacting them about with your concerns.
- Explain how this issue will directly impact your life and your community.
- Be concise. The more people who are able to contact their Members of Congress directly the greater the impact.
- Be respectful even if you disagree with their position.
- Be confident; your opinion matters! Do not forget, it is their job to listen to your concerns so they can best represent you in the future.

First, locate the information you need depending on the method of contact you choose.

- Log onto [usa.gov/elected-officials](https://www.usa.gov/elected-officials). This page links you to federal, state, and local Elected Officials.
- Click on the type of official you want to contact.
- Enter the requested information (state, zip code, etc.).
- Locate the information associated with the person you want to contact.

Call

After locating your Senators and Representative, their phone number is listed either under or beside their name. Dial their number, state your name, where you live, and explain why you are calling. Keep it brief. It may help to write down what you want to say before you call. If you need ideas, online there are [pre-written sample scripts](#) online for reference. Note: Both Senators and Representatives have voicemail inboxes so you can leave a message if you want to call after hours.

Write or Email

After locating your Senators and Representative, write a letter, address an envelope and make sure you include your return address. Be sure to put the appropriate postage on your letter before sending. Note: It takes many weeks for mail to reach the U.S. Capitol, so it is best to call or email. Many Senators and Representatives have direct links on their website to message them online. Calls still are the most effective for immediate issues.

Social Media

Many Members of Congress have social media accounts. You can tag them in any post that you feel would be important for them to see. Keep in mind that there is no guarantee your Senators or Representatives will see your post on social media.

Request a Visit

Another way to connect with your Members of Congress is to request a visit. Invite them to town meetings, advocacy events, other community activities. A large group of people assembling around the same concern has the best chance of making the greatest impact.

Sources:

<https://study.com/academy/lesson/what-is-congress-definition-powers-structure.html>

<https://www.usa.gov/elected-officials>