

Contacting Congress

What is Congress?

The United States Congress is the federal law-making body of the United States of America. The main job of Congress is to make laws that affect our daily lives and protect our rights. It is made up of two houses, the Senate and the House of Representatives. Senators and House Representatives are both elected by the voters of their state.

Why Contact Congress?

- You have knowledge that Congress could benefit from
- Your work and life will be impacted by lawmakers' decisions
- You are voters and can hold lawmakers accountable
- If you don't speak up, someone else will speak for you

Who Can Contact Congress?

Anyone! Contacting Congress is open to all people (individuals, organizations, other agencies, business owners, stakeholders, etc.) interested in the laws that govern them.

How Can You Contact Congress?

There are many ways to reach out to Congress, however, before you contact them, consider these points:

- Be sure to fully understand the issue and be specific when referencing the regulation you are contacting them about.
- Explain how this issue impacts you and your community directly.
- Be concise and to the point. The more people who are able to contact their members directly the greater the impact.
- Be respectful.

- Be confident; your opinion matters! Don't forget, it's 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 state's Senators and Representatives, their phone number is listed either under or beside their name. Dial their number, state your name, where you live, and explain your position. It may help to write down what you want to say before you call. If you need ideas, there are [pre-written sample scripts](#) online for reference.

Note: Both Senators and Representatives have voicemail inboxes so don't hesitate to call after hours.

Write

Write a letter describing your concerns. Locate your state's Senator's and Representative's address from the instructions above. Address the envelope and make sure you include your return address. Be sure to put the appropriate postage on your letter before sending.

Note: Many Senators and Representatives have direct links on the information page to message them online.

Social Media

Social media is a good way to let your community know how you feel about an issue. Many Members of Congress also have social media accounts. This means that you can tag them in 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 this platform.

Request a Visit

Another way to connect with your Congress members is to request a visit. Invite them to town meetings, advocacy events, other community activities and make sure community members show up. 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>