

How to Contact Your Congressional Office



Find your Senator:

1. Visit the **Senate** website (www.senate.gov).
2. Conduct a search using the **Find Your Senators** pull-down menu in the upper left corner and select your state.
3. On the results page is a link to the senators' website, contact information, and links to an online contact form (forms vary by senator).



Find your Representative:

1. Visit the **House of Representatives** website (www.house.gov).
2. Conduct a search using the **Find Your Representative** zip code search box in the upper right corner. Enter your zip code and click Go.
3. On the results page is a photo of your representative, links to the representative's personal website, online contact form, and a local map.
4. In the event your zip code overlaps with multiple congressional districts, the results page will include boxes for you to enter your zip code+4 or mailing address to find the correct representative.



Get in Touch with Members of Congress using Social Media:

- Using the steps above, navigate to the Congress members' personal website to find links to their social media accounts, usually indicated by the icon of the social media platform and often located in the upper or lower left or right corners of the website homepage.
- When posting on X, make sure to verify the account by checking for the checkmark next to the name. If it does not have the checkmark, it is likely a fake account.



Skip using the Computer:

Would prefer to avoid using a computer to contact your representative? You can always call the **U.S. Capitol switchboard** at **(202) 224-3121** can transfer call to the appropriate Congressional office.