

How to Contact Your Members of Congress & Senators

The following are the best ways to contact your specific members of Congress and Senators, as well as key messages to convey.

How to Contact Your Representatives:

1. Call your Member of Congress or Senators directly:

If you have the relationships as a local elected or management official, the best way to get into contact with any representative is a direct personal phone call, with a follow-up email sent shortly after with your specific requests. We have attached a briefing sheet for your use to follow up.

2. Call your District Director:

If you are unable to make a personal phone call to your representative, make a direct phone call to your District Director instead, with a follow-up email sent shortly after with your specific requests. We have attached a briefing sheet for your use.

To find your District Director, go to the “Members” link on the top right area of the www.Congress.gov web site, where you can get to the web pages of your two Senators and your Member of Congress, including searching by zip code. At the Members web sites, find the “Contact” link, and find the phone number for the district office closest to your locality. During this time of teleworking, we can expect that some offices may be tough to reach.

3. Call the Washington, D.C. office of your Member or Senator:

If you are unable to directly contact your Member, Senator, or District Director, call the Washington, D.C. office of your representative. You can find the DC office numbers at the Congress.gov linke above. Explain who you are, that you are representing a local government, and ask for the staffer taking input on the stimulus bill. Ask for the email, and send your specific follow-up. If the front desk will not route you to somebody, tell them that you want the stimulus bill to include funding to cover local government costs, both directly and through funding increases in key programs. We have attached a briefing sheet for your use in email follow-up.

What You Should Say: Here are key messages to convey to your representative:

- The important role that front-line local governments play in this crisis
- Explain your revenue crisis and challenges that you face
- Ask for local governments of all sizes, not just the largest or only states, to be included in stimulus package through direct funding in a State & Local Stabilization fund of at least \$200 billion.
- Ask that key domestic programs that are critical to localities, like many of the ones included in the March 23 House version of a stimulus bill, be included in the final package.
- When you send a follow-up email, be sure to attach the “Local Stimulus” briefing sheet with a personal cover note

Act now to get local governments the emergency assistance and long-term support needed to address this unprecedented threat to public health and the economy.



500 New Jersey Avenue, NW, Suite 600
Washington DC 20001
Phone: +1.202.261.9881
Email: andrew.seth@strategiesdc.com
Web: www.strategiesdc.com