

This is your go to website for information on how to contact your elected officials.



SEARCH

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Contact Government

We encourage you to contact your elected officials and share your thoughts on current events and government policy. Below you'll find links to e-mail and postal addresses, and phone numbers for key elected officials.

- [President Barack Obama and Vice President Joe Biden](#)
- [U.S. Senators](#)
- [U.S. Representatives](#)
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Contact Your Government

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USA.gov is the U.S. government's official web portal.

Communicating with Elected Officials

Tips On Telephoning Your Elected Representatives

To find your senators' and representative's phone numbers, you may call the U.S.

Capitol Switchboard at (202)224-3121 and ask for your senators' and/or representative's office.

Remember that telephone calls are usually taken by a staff member, not the member of Congress. Ask to speak with the aide who handles the issue about which you wish to comment.

After identifying yourself, tell the aide you would like to leave a brief message, such as: "Please tell Senator/Representative (Name) that I support/oppose (S.____/H.R.____)."

You will also want to state reasons for your support or opposition to the bill. Ask for your senators' or representative's position on the bill. You may also request a written response to your telephone call.

Tips On E-mailing Congress - USA.gov

You may find and e-mail your senators and representative directly from USA.gov the U.S. government's official web portal.

The e-mail is one of the most popular choice of communication with a congressional office. This list of helpful suggestions will improve the effectiveness of the e-mail:

1. Your purpose for writing should be stated in the first few lines of the e-mail. If your e-mail pertains to a specific piece of legislation, identify it accordingly, e.g., House bill: H. R. _____, Senate bill: S._____.
2. Be courteous, to the point, and include key information, using examples to support your position.
3. Address only one issue in each e-mail; and, if possible, keep the e-mail short.