

Call congressional offices directly or through the switchboard. If you do not have the direct number, you can reach U.S. **Representatives** by **calling** 202-225-3121, and U.S. **Senators** by **calling** 202-224-3121. Ask the operator to connect you to the individual office.

When you dial **202-224-3121** you are directed to an operator at the Capitol switchboard. This switchboard can direct you to senators as well as representatives.

Once the operator answers, ask to be connected to whomever you are trying to reach. They will send you to your senator's or representative's office line, and a legislative assistant will answer the phone.

It is important to let them know **why you are calling** and **what issue you are calling about**. You will sometimes be able to speak directly to your senator or representative, but more often you will speak to a staff person in the member's office. This person keeps track of how many people called and their positions on issues, and provides a summary to the member. Be assured that your call does count, even if you are not able to speak directly to your senator or representative.

It is usually most effective to call your own senators and representatives, as each is primarily concerned with residents from his or her district. However, you may occasionally find it useful to call other members, if they are on a certain committee or in a particular position to help get a bill passed.

Although you may find it easiest to always call the Capitol switchboard at **202-224-3121** to reach your senators or representative, you can also find the direct number to any member's office by consulting the [Senate phone list](#) or [House phone list](#).

Senate phone list:

https://www.senate.gov/general/contact_information/senators_cfm.cfm

House phone list: http://clerk.house.gov/member_info/mcapdir.aspx

The above information is for your personal use. Feel free to call anytime about any issue and identify yourself as a private citizen.

If you want to be part of an advocacy action undertaken by the LWV or the LWVC sign up for Alerts at the websites listed below. When you make a call in response to one of their alerts you may identify yourself as a League member.

Take Action – LWV California <https://lwvc.org/stay-informed>

Join the LWV California grassroots action network to advocate on the issues you care about in your community. SIGN UP to receive our Action Alerts and be notified when your voice is needed.

Stay Connected - LWV <http://lww.org/get-involved>

Join the LWV online community to get the latest updates from the League of Women Voters! We will send you e-communications to keep you up to date on legislative priorities, efforts to improve elections and educate voters, and news from Leagues around the country.