

CONTACTING SENATORS AND REPRESENTATIVES

There are many ways to contact your legislator. Choose the one you are most comfortable with or try them all.

GENERAL PRINCIPLES

- Be friendly – legislators are happy to hear from constituents
- Remember – quantity matters, if a legislator hears from 5, 10 or 50 people that is a groundswell
- Introduce yourself – give your name and town
- State your reason for contact – “I am asking you to support/oppose (issue, bill, etc.)
- Use bill number, sponsor and title if your contact is about legislation
- Tell your story (briefly) – how this will impact you, your family, people you care about
- Thank your legislator for the time and attention, for the support, for the vote
Call/write/visit again. When you establish a record of reasonable, positive correspondence you develop clout on future issues

Phone Contact

- You are not imposing by calling – legislators appreciate learning more about the issues they face
- Leave a message – state the bill number, your position, and a phone number in case there are questions
- If you don’t know the answer to a question say you will get the answer and call back and then do that

Write a Letter

- If you use sample letters add a personal touch if you can
- Do not use postcards
- Use personal stationary or letterhead if available
- Include your name and address on the letter – envelopes may get discarded
- Typed letters are easier to read but handwritten letters are more personal if they are legible.

Personal Contact

- Make an appointment
- Introduce yourself – even if you’ve met before
- Get down to business quickly
- Ask what you can do
- Leave written material

E-Mail

- If you are contacting your own legislator, put your name and town in the message
- Don’t use attachments, not everyone can open them

Finding contact information for your Representative is can easily be done on-line by going to www.gencourt.state.nh.us. There you will find the “House of Representatives Dash Board”. Click on the “find your representative” link and you will find a drop down menu. Select your town and you get a list of both your Senator & your Legislators.

Or, you can go directly to that link by typing www.gencourt.state.nh.us/ns/whosmyleg/ and that will take you directly to a drop down menu with the list of towns.