



We the Resistance Guide to:

### Calling Your Member of Congress

**How long is it going to take?** 3 to 5 minutes per call.

**How difficult is it?** So easy!

**What's the impact I'll have?** Very high impact!

Calling the office of your member of Congress or another decision maker might seem like a daunting task, but it's **quick, easy, and most importantly: it's effective**. You'll likely speak with a busy staff member, but your call **WILL** be counted and reported to your member of Congress. Remember: your representatives work for you, and they want to hear from you!

Here's a step-by-step guide on how to make your call:

1. Be ready to give your **name**, zip code, and sometimes your full address (to verify that you're a constituent), and **a brief message about why you're calling**. If you're calling about a specific bill, have the bill number available, too. If you have a personal connection to the issue, that can be powerful to add, so think about how you can relay your story in one or two short sentences before you get on the phone. You can even write it down so you don't forget any important details.
2. Moment of truth: **dial (202) 224-3121** to be connected to the Capitol Switchboard, and follow the prompts to be connected to your member of Congress. If it's after hours and the switchboard is closed, or if you'd prefer to call their offices directly, you can also find their numbers at [www.house.gov](http://www.house.gov) or [www.senate.gov](http://www.senate.gov).
3. When the staffer picks up, tell them your name, where you live, and your position on the issue at hand. For example: "Hi, my name is Madeline, and I'm a constituent in Little River, ZIP code 95456. I'm calling to urge the Congressman to reject the Affordable Care Act repeal, which could threaten women's health and economic security. I depend on the assistance the ACA provides to help afford my health insurance, and the replacement leaves me out. Please oppose this attack on the health care law!"
4. Be polite -- thank the staffer for listening (they've been doing this all day!), and if you'd like, request a written response.

### Now what?

That's it, for now! Told you it was quick and easy. But if you're ready to roll up your sleeves and do a little more, check out our guides on setting up an in-person visit or writing a letter-to-the-editor.

*We the Resistance are committed to working together to halt the dangerous agenda advanced by the Trump administration and the leaders in Congress – to protect our rights and freedoms and to defend the most vulnerable among us.*