

How to Contact Your Representative:

To Contact your U.S. Representative by mail:

U.S. House of Representatives:

1. Write to:

The Honorable _____
U.S. House of Representatives
Washington, D.C. 20515

To Contact your U.S. Representative by phone:

1. Dial 202-224-3121 (general number) and ask the operator to connect to your Congressman's office.

To Contact your U.S. Representative by fax:

1. Visit <http://www.house.gov/Welcome.html>
2. Enter your zip code
3. Click on the link to your representative's web site
4. Locate the "Contact" or "Constituent Services" button on your representative's Web site to find the fax number for your representative's office.

To Contact your U.S. Representative Via E-mail:

1. Visit www.house.gov/writerep
2. Enter your state and zip code
3. Fill out the electronic form of your name and address
4. Write and submit your message