

How to Find & Contact Your Representatives



How To Find Contact Information

- **Ohio House of Representatives:**
 - Go to <https://www.legislature.ohio.gov/legislators/district-maps> and enter your address. Click on your Ohio Representative's page, and look for a "contact" tab.
- **Ohio Senate:**
 - Go to <https://www.legislature.ohio.gov/legislators/district-maps> and enter your address. Click on your Ohio Senator's page, and look for a "contact" tab.
- **Ohio Governor:**
 - Go to <https://governor.ohio.gov/contact/contact-us> and fill out the form.
- **United States House of Representatives:**
 - Go to <https://www.house.gov/representatives/find-your-representative> and put in your ZIP code. Click on your Representative's page, and look for the "contact" tab.
- **United States Senate:**
 - Go to <https://www.senate.gov/senators/senators-contact.htm>, select your state, and look for the "contact" link. It is important to note that each Ohio Citizen has 2 US Senators.
- **The President of the United States:**
 - Can be contacted via <https://www.whitehouse.gov/contact/>, 202-456-1111, or president@whitehouse.gov.



How To Contact Your Representatives

Phone Calls

- You can call your representative directly or call the U.S. Capitol Switchboard at 202-224-3121
- To save time and get in the habit of calling Congress, add your legislator's phone numbers to your cell phone contacts.

Letters & Emails

Writing personal messages to your legislators can be an effective way to communicate with them. Be sure to:

- Start all letters with "Dear Senator/Representative"
- If you're writing to the Chair of a Committee or Speaker of the house, it's acceptable to start letters with "Dear Mr./Madam Chairman/woman" or "Dear Mr./Madam Speaker,"
- Include your name and address to show that you live in the relevant district or state
- Write in your own words even when using information from various sources
- Include specified details on the bill or program you're referencing
- Write about the personal or local impact that the bill, program, or issue present
- Clearly state the action you'd like your legislator to take

How to Address your letters:

To Senators

The Honorable (Full Name)
[Room #] [Building Name] Senate Office Building
United States Senate
Washington, D.C. 20510

To Representatives

The Honorable (Full Name)
[Room #] [Building Name] House Office Building
United States House of Representatives
Washington, D.C. 20510

To the President of the United States

The White House
1600 Pennsylvania Avenue N.W.
Washington, D.C. 20500

Mail Delivery to Capitol Hill or the White House Can be slow because of security concerns. If you are writing about a pressing issue or upcoming vote, make sure you leave extra time for delivery or send it to their local office. Additionally, you can send your letter via email to your legislators' office.

Social Media

On social media platforms, you can quickly ask your legislators questions, respond to their posts or tweets, encourage them to take action on specific issues, and thank them when they do something that you approve of or back.

Commenting on legislators' posts or tagging legislators allows a wide variety of people to view your messages, including other legislators. This can spark a dialogue between other legislators, constituents, and/or both, allowing you to see the opinions and viewpoints of others.

Social media can help spread awareness about the issue you are raising and help increase support for your cause. While phone calls and letters are of more significance to your legislators, contacting them on social media can have increased leverage because it puts them in the view and pressure of the public eye.

★ When using social media, always try to be respectful and never use offensive language! ★

