Write to Congress

Email is the easiest way to communicate with your Member. With our Advocacy Center, you can log in and send your Members an email about specific legislation with just a few clicks!

If you choose to send your own email, follow these easy steps:

1. State your purpose for writing in the first paragraph. If your email pertains to a specific piece of legislation, identify it (e.g. House bill: H.R. _____; Senate bill: S. _____).
2. Be courteous, to the point, and include your personal story and background information.
3. Address only one issue per email.

You may want to **handwrite a thank you note** after meeting with your Member in person. Mail is sorted by name, so the building name and room number are not necessary.

**House members** can be reached at:
The Honorable [name]
U.S. House of Representatives
Washington DC 20515
(Address your letter with Dear Representative)

**Senators** can be reached at:
The Honorable [name]
U.S. Senate
Washington DC 20510
(Address your letter with Dear Senator)

You can find more information about your Members, including what they voted on, what they cosponsor, and a link to their web site on **govtrack.us**.