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