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Tips for Calling Your State Legislators

To find your state legislator's phone number, you may use our searchable online directory at <http://www.njleg.state.nj.us/members/legsearch.asp> or call your state's switchboard at and ask for your Senator and/ or Representative's office.

Keep in mind that most state legislatures are only in session part-time, so try to get the number for your legislator's district office. Telephone calls are often taken by a staff member and not the actual legislative member. Ask to speak with the aide who handles the issue to which you wish to comment. If they are not available, you may also leave a message. If you speak with someone other than your legislator, take down their name and title.

Upon reaching your state legislator on the phone, it's easiest to follow these four basic steps:

1. **IDENTIFY** yourself by name and the organization (if any) that you represent or the town from which you are calling.
2. **EXPLAIN** why you are calling: "I am calling to support/oppose House Bill: HB____, Senate Bill: SB____. " Be polite and concise. Creating 1 or 2 talking points will focus the content of your message. Too much information may confuse your message. Ask your legislator his/her position on this issue. Don't assume that your legislator has prior knowledge of your issue. Be calm, respectful, and be prepared to educate, using local examples to accentuate your point.
3. **REQUEST** a written response to your phone call if you did not speak to your legislative member. If the legislator requires further information, provide it as soon as possible.
4. **THANK** the person who took the phone call for their time and consideration.