

How to contact a congressional staffer

Congressional staffers serve as advisors and assistants to members of Congress. They are influential messengers and perform substantial legislative work. Building a relationship with staffers for your members of Congress represents a great opportunity to establish yourself as a valuable resource for the congressional office and advance the public's health.

Follow these steps to identify and contact the appropriate congressional staffer.

Step 1. Find your member of Congress

Representative: Visit ['Find Your Representative'](#) on the House of Representatives website and enter your ZIP code.

Senator: Visit the [Senate website](#) and select the state that you live in using the drop down menu titled 'Choose a State'.

Step 2. Find the office phone number

Representative: After you find your representative, click on the representative's name, which will redirect you to his/her website. Scroll to the bottom of the member's page to locate the office phone number.

Senator: The Senate website identifying your senators in step 1 includes phone numbers for the senators' offices.

Step 3. Find the name and email of the staffer

At this point, the process becomes the same for both House and Senate staffers. Call the office and ask for the name and email address of the staffer working in the area germane to your issue. Most often, you will be provided with the health legislative assistant's information. However, it could also be the staffer responsible for environmental, labor or other issues depending on your area of interest and the structure of the office.

Step 4. Email the staffer!

The final step is simple: email the staffer. Keep in mind that staffers receive an immense amount of emails daily so it is helpful to have a subject line that appropriately conveys your issue or concerns, and a message that is clear and concise.