If You Do Not Know Who Your Member Is

- To find both your U.S. House Representative and your Senators, please utilize this service on the GovTrack site. You will be asked to input your address and the site will automatically populate your Members of Congress.
  - This site has an optional feature that allows GovTrack access to your location and they will match you to the Members of Congress for the area you are currently in.

Website Link: https://www.govtrack.us/congress/members

If You Already Know Who Your Member Is

- If you know who your representative is but you are unable to contact them using their contact form, the Clerk of the House maintains a database of addresses and phone numbers for all House Members.
- You may also call (202) 224-3121 for the U.S. House switchboard operator.
- Additionally, you may choose to visit your member's website directly for further information.

Website Link: http://clerk.house.gov/member_info/

How to Locate Your Reps in Local State Legislature

- To find your local state representative, visit this website and click on your home state. The link to your state legislature's website will open. Follow the prompts to find your designated representative.
  - Note: You may have to enter your zip code and/or street address to obtain the name of your Representative.

Website Link: https://www.congress.gov/state-legislature-websites