

To find and contact your U.S. Senator:

1. Visit the [Senate](http://www.senate.gov) website (www.senate.gov).
2. Conduct a search using the **Find Your Senators** pull-down menu in the upper right corner (select your state and click Go).
3. On the results page is a link to the Senators' website, contact information, and links to an online contact form (forms vary by Senator).

To find and contact your U.S. Representative:

1. Visit the [House of Representatives](http://www.house.gov) website (www.house.gov).
2. Conduct a search using the **Find Your Representative** zip code search box in the upper right corner (enter your zip code and click Go).
3. On the results page is a photo of your Representative(s), links to the Representative's personal website and online contact form, and a local map.
4. In the event your zip code overlaps with multiple congressional districts, the results page will include boxes for you to enter your zip code+4 or mailing address to find the correct Representative.

Would you rather get in touch with Members of Congress using social media?

Using the steps above, navigate to the Congress members' personal website to find links to their social media accounts, usually indicated by the icon of the social media platform and often located in the upper or lower left or right corners of the website homepage.

CSPAN also maintains a list of members of Congress for the Senate [here](#) and House [here](#) with links to social media sites.