



How to Call Your Elected Official

Calling your legislator is a very effective way to advocate, especially if an important bill is coming up. As with emails and letters, only contact the members of your district. Phone numbers can be found on the legislator's website in the contact us tab.

Helpful Tips:

- Prepare ahead of time and organize your major talking points. If you are calling about specific legislation, know the number (ex. HR101)
- Identify yourself as a constituent and a volunteer member of SVdP.
- Tell the staffer answering the phone what you are calling about and what action you would like taken.
- Feel free to briefly share any relevant research, data, or story from your personal experience in SVdP that will support your position.
- Try to show a connection between the legislation and the impact it will have on the poor in your community.
- Be brief and to the point.
- Be uncommonly courteous and congenial. They receive many angry calls each day. You do not need to threaten to withhold your vote of them in the future. They already know that.
- Be patient and know that the staff member may not be well informed about the specific issue you are calling about.
- Thank them for their time.

Sample Phone Conversation:

Staff member: Thank you for calling Congressman Jones office. How may I help you?

SVdP volunteer: My name is (your name) from (zipcode, city and state if relevant). I am a constituent of Congressman Jones and a volunteer with St Vincent de Paul. We help people in poverty achieve financial stability and move toward self-sufficiency with direct financial aid and other resources. As a Voice for the Poor I am calling to urge Congressman Jones to vote YES on HR101 later this week. This bill will help many of the people we serve avoid eviction and stay in their homes. I have personally met many of the people being impacted by this bill and can tell you that it is vital for us to maintain a strong community.

Staff member: Congressman Jones does not support HR101, but thank you for sharing your opinion with us. I will make the Congressman aware of your support.

SVdP volunteer: Thank you for your time. I appreciate you sharing my thoughts with the Congressman and I hope he will reconsider his position. Have a good day.