



Tips for Calling Your Legislator

Before you call:

- **Expect the call to be brief.** In an effort to stay on target, plan a few key points (**review the League's talking points on your topic**) before the phone call explaining why you **SUPPORT** or **OPPOSE** the legislation you are calling about.
- **Be sure to include the bill number in your call.**
 - ▶ House is HB __ and Senate is SB __
- **Identify a personal story** or key point that supports your message.
- **Be prepared to speak with the legislator's assistant or leave a message.** If you are speaking with the legislator's assistant, be polite. They are often your gateway into speaking with the legislator.

When you call:

- **Introduce yourself** and state that **you are a constituent** of the legislator or a local government official. Legislators are most responsive when speaking to those from their district.
- **Provide your contact information** for potential follow-up questions.
- **Always be sure to thank the assistant/legislator for their time—regardless of their position on the issue. Courtesy is contagious.**
- **Contact Greg Cochran or Kayla Farnon to report the outcome of your call.**
 - ▶ Greg Cochran: (334) 546-9092 or gregc@alalm.org
 - ▶ Kayla Bass: (334) 318-8925 or kaylab@alalm.org

To reach members of the House: **(334) 242-7600**

To reach members of the Senate: **(334) 242-7800**

Specific contact information for your Representative or Senator can be found here:

<http://capwiz.com/state-al/home/>