

How to Contact Your State Legislators

Information on your legislators, including their biographies, office, business and home phone numbers and links to their email and their websites can be found on:

<http://www.cga.state.ct.us/>

A legislative guide is available in very limited quantities at the Legislative Office Building or on the web at the Connecticut General Assembly website under “Current Session”, “Connecticut Legislative Guide”

<http://www.cga.state.ct.us/olm/guides/guide/index.htm>

Additional information is also available on the Secretary of the State’s website:

<http://www.sots.state.ct.us/>

<http://www.sots.state.ct.us/RegisterManual/regman.htm>

Talking to Legislators on the Telephone

- When calling keep in mind the following:
- It is fine to call legislators at work or at home at reasonable hours. If she/he is busy ask when you can call again.
- If you are leaving a message, make sure that it is clear and that you include your name, number and your position regarding the issue you are calling about. Always thank them for their attention/time.
- Identify yourself as a constituent and as a member of The Connecticut Mentoring Partnership.
- Have a clear idea of the point you wish to make, how you will support your argument and what action you want the legislator to take.
- If you reach the legislator avoid arguments and always be polite. Be willing to provide additional information if necessary.
- If the legislator is not available you can schedule a visit with one of his aides.