

Contacting Legislators

HOW TO SEARCH AND REACH OUT



Find Your Senators and Representatives

- Go to <https://legislature.vermont.gov/>
- Enter your city or town in the legislator search bar
- For some towns and cities, you will have to find your specific address on the town map to determine your district.



Contact Information

- Search your senator or representative's name in the top search bar
- Most will provide an email and phone number



Sending a Message

- Call if comfortable, otherwise write an email including your name, town, issue you want to discuss, your stance, and any questions you have for the legislator
- Make sure to thank them for their time and keep the message or call brief