

# How to Contact your Legislators

There are several ways in which you can communicate with the Senators and Representatives in Frankfort. All legislators have mailboxes in the Capitol and most list their home mailing addresses as well. Here is how to make contact:

## **BY TELEPHONE:**

**1-800-372-7181**

This is the toll-free number for the Legislative Message Line. During the General Assembly Session, this is the best way to get a message directly to your legislator. Before you call, be sure to know who your Representative and Senator are and be ready to leave a brief message such as “please vote yes on H.R. 123”.

**(502) 564-8100**

This is the Legislative Switchboard line, and can be used to call a Representative or Senator’s office. This number is best used when you want to call and schedule an in-person visit with the legislator.

## **BY EMAIL:**

**[www.lrc.ky.gov/whoswho/email](http://www.lrc.ky.gov/whoswho/email)**

Use this webpage to find your legislator’s email address.

## **BY LETTER:**

**[www.lrc.ky.gov/Legislators](http://www.lrc.ky.gov/Legislators)**

Type in this link and then select either “Senate” or “House of Representatives”, then your legislator’s name to find a postal address.

## **IN PERSON:**

**(502) 564-8100**

Use this Legislative Switchboard line or contact your Senator or Representative using any of the above information. Be sure to call several weeks in advance of the date you want to meet with your legislator, and be flexible on times and days. Arrive on time and keep your meeting brief (10-15 minutes if they are in session).