

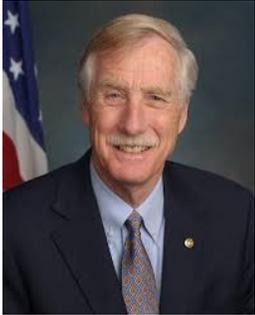


Maine Equal Justice

People Policy Solutions

HOW TO CONTACT YOUR LEGISLATORS

Maine's Congressional Delegation:

<p>Senator Susan Collins</p>  <p>413 Dirksen Senate Office Building Washington, DC 20510 (202) 224-2523 Email Senator Collins</p> <p>Augusta: (207) 622-8414 Bangor: (207) 945-0417 Biddeford: (207) 283-1101 Caribou: (207) 493-7873 Lewiston: (207) 784-6969 Portland: (207) 780-3575</p>	<p>Senator Angus King</p>  <p>133 Hart Senate Office Building Washington, DC 20510 (202) 224-5344 Email Senator King</p> <p>Augusta: (207) 622-8292 Bangor: (207) 945-8000 Presque Isle: (207) 764-5124 Scarborough: (207) 883-1588</p>	<p>Congresswoman Chellie Pingree</p>  <p>2162 Rayburn House Office Building Washington, DC 20515 (202) 225-6116 Email Congresswoman Pingree</p> <p>Portland: (207) 774-5019 Waterville: (207) 873-5713</p>	<p>Congressman Jared Golden</p>  <p>223 Longworth House Office Building Washington, DC 20515 (202) 225-6306 Email Congressman Golden</p> <p>Bangor office: (207) 249-7400 Caribou office: (207) 492-6009 Lewiston office: (207) 241-6767</p>
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How to find your state legislators:

[State Senator](#)

[State Representative](#)

Ways you can reach your legislator

Call Your Legislator

You can call your legislator at home or on their mobile phone. They are public officials and share this information as part of their role. All their contact information is on the Maine legislature website:

[For Senators](#)

[For State Representatives](#)

You can also call your legislator at the State House anytime. During the legislative session, this can be an effective way to get your legislator an important message. Staff at the State House write out phone messages on bright colored paper and leave it on their desks. While legislators wait to vote on different bills, they often have time to read their messages. Tell the receptionist or answering service who you are trying to reach, what bill or issue you are calling about, and briefly why you care about the issue. Be sure to leave your name, contact information, and the town you are calling from.

Legislators can be reached at the following toll-free State House phone numbers:

Give them a call and leave a message

Representatives: 1-800-423-2900

Senators: 1-800-423-6900

If you don't receive some acknowledgement of your call within 2 to 3 days, don't be shy, call again until you do.

Send A Message To Your Legislator

 There are many ways to send a message to your legislator. You can also reach them by email, social media, or postal mail. You don't have to use the same method every time, and you may want to try different methods. Legislators have favorite ways to communicate—just like the rest of us—and may be more responsive based on the method used.

- **Email:** To find the email addresses for your legislators, go to <http://www.maine.gov/legis/>

Be sure to provide your name and address with your message. This will ensure that your legislator has an opportunity to get back to you. Also, it will let them know that you live and vote in their district.

- **Postal Mail:** Mail your letter to your legislator's State House address when the Legislature is in session. They will be sure to receive it in a timely fashion. Letters should be addressed as follows:

Your legislator's name
Legislature-Clerk of the House
Maine State House, Augusta, ME 04330

Tip: Send a "Quick Hit" post card as a final reminder

If you know when the bill or issue you care about is scheduled for a vote on the floor of the Legislature, send a quick post card as a final reminder of your support (or opposition) to the bill. Again, state your position and the L.D. number and the title, if possible. This will let your legislator know their vote is still important to you and you are watching their vote!

- **Social Media is a great tool to use to contact your legislator and express your positions** on an issue that matters. It's an easy place for legislators and decision makers to take quick note of what their constituents care about. You can tweet at your legislator, tag them in a post or post directly on their Facebook page. Just make sure you post on the [correct Facebook page](#)!



Tips on Communicating with Your Legislator

Give a little background about yourself

Tell them why you are interested in this issue or bill. Explain, in your own words, why the issue/bill is important to you and how it will affect you and other people in the community. If possible, give a brief example from personal experience that conveys how the bill will correct (or create) problems for you and other Maine people.

Be short and to the point!

Make your point in a clear, concise and direct way. Legislators receive information all the time, so they will appreciate - and remember - those who get to the point quickly.

State your reason for reaching out up front.

Try to give a concise summary about the issue or bill—and your opinion about it—right away. If possible, state the name of the bill or the issue it addresses, and the LD #. It can help to know the Committee to which the bill has been referred for public hearing and the status of the bill (has it had a public hearing? Has it been voted on by the committee?) Contact us at Maine Equal Justice for this information when you need it!

Meet Your Legislator In Person



Check out our “How to Lobby Your Legislator Guide” for tips on how to talk to your legislator.

In-District: Your legislator works for you. It is part of their job to meet with you. You can request a meeting with your legislator in your district. You can organize a group of like-minded people in your community to meet and discuss an issue directly with a legislator. Many legislators also host town halls, which are open forums to hear from their constituents. Be sure to get on your legislator’s U.S. mail or e-mail list so you can be notified when these meetings occur.

At the State House: When the legislature is in session, it’s often possible to find and speak to legislators in the halls of the State House. You can pre-schedule a meeting at the State House with your legislator. You can also show up at the State House and track down your legislator. Remember to practice your message beforehand. If you’re catching your legislator in the halls, you might have limited time to talk as they are walking down the hall to their next meeting. Lobbyists, advocates, and constituents often wait outside of the house and senate chambers, so they can catch their legislators right as they leave the doors.