



How to Successfully Visit State Legislators

Writing letters, emails, and making phone calls is important, as is spreading information via channels such as social media and email to members. However, visiting with your state Representative and Senator in person can be the most effective way to be sure your message is heard.

You can find your representatives [here](#) on the Montana website using your address, legislative district, or the representatives name. Once you click on their name, it will bring up their contact information. From there you can [contact](#) them either by phone, email, letter, online form, or fax to set up an appointment. Be sure to direct your request to the appropriate representative, be it a committee chairperson, committee members, or your own representative.

- **Research the issue, and prepare for the meeting.** What do you want to convey about the issue at hand and specifically, how can this legislator can help you?
- **Focus your message.** Legislators are very busy during the session, and you may have a short amount of time to get your message across. Personal stories are an excellent way to convey your passion for the issue, but keep it concise. Be specific about how you want them to help.
- **Go in a group if that makes you more comfortable.** Contact others who have a similar passion for the issue, and go together. Utilize our MAC Facebook page if needed to find other to accompany you. Going in pairs or trios can convey a stronger message, and help to present more than one point of view on the same issue.
- **Leave space for the representative to respond.** Once you have said how the issue concerns you, let them respond. They may reply with their current position, and you can ask follow up questions or offer more information.
- **Be prepared to answer questions.** It is ok if you don't know the answer; just let them know you will get back to them, and be sure to follow up as soon as possible.
- **Leave a fact sheet or some other information.** If this is available through MAC or another organization, it can be helpful in followup conversation. Be sure to include your contact information.
- **Follow up.** Thank them for taking time to meet with you, reiterate your concerns, and provide further information if needed.