Contacting your Representative in Congress
Phone Instructions and Sample Script

What number do I call?
You can call your Representative in the U.S. House of Representatives either through their office in Washington, D.C., or through their nearest office in your district. (We focus on the House, not the Senate, because impeachment occurs in the House.)

- To find your Representative’s phone number in Washington, D.C., just enter your ZIP code at: https://www.callmycongress.com. You can also call the US Capitol Switchboard at 202-224-3121 to connect with your Representative’s office on Capitol Hill.

- To find the phone number of your Representative’s office(s) in your state and district, enter your ZIP code at: http://www.house.gov/representatives/find and then visit the Representative’s official House web page. Generally, a “Contact” link will list local district offices.

In either case, you will almost certainly be speaking to a junior staff member.

What do I say?
Hi, my name is [YOUR NAME], I’m a constituent living in [CITY/TOWN] and my zip code is [ZIP]. I’m calling to ask Representative [your Representative] to support a resolution calling for the Judiciary Committee to open an investigation into the impeachment of President Trump.

It’s time to start the investigation. From the moment he was sworn in, President Donald Trump has been in direct violation of the U.S. Constitution. He’s violating the Foreign Emoluments Clause and the Domestic Emoluments Clause through his business interests.

And since he’s been in office, it seems like every day in the news there’s more information that could be reasons for impeachment.

Would Representative [your Representative] be willing to introduce or co-sponsor a resolution calling for the House Committee on the Judiciary to open an impeachment investigation? There’s a proposed resolution on a web site called impeachdonaldtrumpnow.org that your office could adapt very easily.

Remember to record whether you received a “yes” or “no” comment. You can update us on your call by tweeting us @ImpeachDTNow or sending us a note at info@impeachdonaldtrumpnow.org.