

How to contact your NC Representative or Senator

A step by step guide

1. Visit the North Carolina General Assembly Website at <http://www.ncleg.net>.
2. Click the **Who Represents Me?** tab at the top right.
3. Use one of the instructions to determine your representative. If you live in a county with lower population, you may be able to search just by county. However, denser areas may require you to look up your representative based on voter registration or zip code.
4. Once you determine who your legislator is, you will be given a series of options in regards to how to contact them. You should use their Office Phone Number, which is the second number listed. Additionally, you may choose to e-mail them.
5. Most legislators only have one other staff person. You can find their contact information by going to
 - a. House or Senate tabs at the top right
 - b. Member Reports and Contact Information
 - c. Members and Respective Legislative Assistants
6. Most Legislative Assistant's e-mails are created by taking the legislators last name and placing "la" behind it. For example-

Rep. Alma Adams	604 LOB	919-733-5902	Sandra Brown
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This information tells us that Sandra Brown is Rep. Adam's staff person, and you can e-mail her at AdamsLA@ncleg.net.