

MONTANA LEGISLATURE

Contacting Legislators

[Telephone](#) | [Online](#) | [Mail](#) | [Fax](#)

By Telephone

During sessions: Call the Session Information Desk at 406-444-4800 to leave a message for as many as five legislators or one legislative committee per call. Your message will be delivered directly to the legislators. The TTY (Telephone Device for the Deaf) number is 406-444-4462.

The Session Information Desk is open from 7:30 a.m. to 5 p.m. Mondays through Fridays and from 8 a.m. to adjournment on Saturdays.

Between sessions: Call legislators directly using the telephone numbers provided in the legislative [roster](#) and in published legislative guides.

Online

During sessions: You may send a message using this [online message form](#).

Between sessions: You may use the e-mail addresses provided with the legislative [roster](#) and published in legislative guides.

By Mail

A well-written letter is one of the best ways to let your legislator know your thoughts and opinions about a particular issue. Here are some tips for getting your message across effectively:

- **Be brief.** Legislators have many demands on their time. They appreciate letters that are short and to the point.
- **Put the message in your own words.** Form letters and petitions don't have the same impact as personal, informed opinions.
- **Address your letter to a specific legislator or legislators.** Depending on your message, you may want to write to the sponsor of a bill, certain members of a committee, or your own legislators. Don't address your letter to the entire Legislature.
- **Identify bills** by their number, title, and sponsor.
- **Explain your position** on the bill and ask for the legislator's support or opposition.
- **Give any sources of information** that you use to make your point.
- **Include your name, address, and a little about who you are** (for example, where you work or what school you attend).

Address letters to:

Senator XXXX
Montana Senate
PO Box 200500
Helena, MT 59620-0500

or

Rep. XXXX
Montana House of Representatives
PO Box 200400
Helena, MT 59620-0400

By Fax

During sessions:
House 406-444-4825
Senate 406-444-4875