How to Find & Contact Your Legislators

Even if you know who your legislators are, you likely don’t have their e-mail address at your fingertips. But even if you don’t know your legislators, Illinois PTA’s advocacy tools make it simple to find them and send them an e-mail.

Finding Your Legislators

Start by going to the Take Action section of the Illinois PTA website under the Advocacy menu.

Advocacy

In 1897 when Alice McLellan Birney and Phoebe Apperson Hearst decided that someone should speak out on behalf of children, they founded the National Congress of Mothers. For 120 years, PTA advocacy has resulted in:

At the bottom of the sidebar at the right of the page (scroll all the way to the bottom on mobile), you will find the “Find Officials” tool.

Find Officials

- Elected Officials
- Candidates

ZIP Code
Enter your ZIP code (and street address if your ZIP code is split among legislative districts), and you’ll be presented with a list of federal and state officials. At the bottom of the list you’ll find your state senator and state representative.

Your State Officials

- Governor J.B. Pritzker (D-IL)
- Lt. Governor Juliana Stratton (D-IL)
- Secretary of State Jesse White (D-IL)
- Attorney General Kwame Raoul (D-IL)
- Treasurer Mike Frerichs (D-IL)
- Comptroller Susana Mendoza (D-IL)
- Senator Scott Bennett (D-IL-052)
- Representative Mike Marron (R-IL-104)

Clicking on your legislator’s name will give you additional information about their offices (Springfield and in the district), phone numbers, and in some cases social media, websites, and other contact information.
Sending an E-Mail

To send an e-mail, simply check the box next to your senator or representative and click the “Compose Message” button in Voter Voice. Enter a subject line and your message text, and then add your contact information so they can respond to you. When you’re all done, hit the “Send Message” button.

Calling Your Legislator

You may want to call your legislators’ office to set up an appointment or to advocate on a bill. Your legislator’s office phone numbers may be listed in their Voter Voice contact information. If not, go to the Illinois General Assembly website. Click on the “Members” link under the Senate or House heading, and then scroll down the list of legislators (alphabetized by last name) until you find yours.

Click on their name link, and you’ll see their Springfield and district office locations and phone numbers.
If you are calling to advocate on a bill, it’s okay to speak to a staff person rather than your legislator. Simply provide your name and contact information, state that you are a constituent, and that you would like them to support/oppose the bill (identify it by number, e.g., HR4312). You can also tell the staffer why you want them to take that position on the bill, but in most cases, your legislator only wants to know the number of calls they’ve received supporting and opposing a specific bill.

Social Media

Social media can be another effective way to advocate with your legislators. In their Voter Voice contact information, you may see their campaign website, Twitter handle, or Facebook page. Visiting any of these sites may provide you with links to their other social media contacts if they are not included in the Voter Voice listing.