

# HOW TO CONTACT YOUR LEGISLATOR

## E-MAIL

House and Senate Addresses are the same:  
LastName.FirstName@leg.wa.gov

## TELEPHONE

Legislative Hotline: 1-800-563-600  
CALL – You don't need to know your Legislators' names.  
Give the Operator your ZIP CODE.

Operator will deliver your message to your House Members and your Senator. If you tell the operator, the message will also go to the Governor.

## TESTIFY AT HEARINGS

Attend hearings in Olympia. Since time is limited, bring written copies of what you want to say. **Tell your personal story.**

**Copies of the League of Women Voters Directory are available.**