How to Find Your Elected Representatives

Find Your U.S. House Representative: Visit the official Find Your Representative tool and enter your ZIP code. If prompted, provide your street address to identify your congressional district. The results link to your representative's website and contact information.

Find Your U.S. Senators: Visit the official U.S. Senate contact directory and select your state. Each state has two U.S. senators. Follow their website links to find phone numbers, office addresses, and contact forms.

Find Your State Legislators: Visit the State Legislature Websites directory on Congress.gov and select your state's legislature. Look for "Find My Legislator" or a similar lookup tool, then enter your home address to identify the lawmakers who represent you in your state legislature.

These links were checked on October 12, 2026, and lead to official government websites.