



Calling Your Policymaker's Office

Never underestimate the power of a personal phone call to your policymaker's office, especially right before a key vote on legislation, to ensure that your point of view is communicated on issues that matter to you. While you will speak with a staff member, all calls are tallied and reported to the policymaker, who will learn where their constituents stand on a particular issue or bill. If enough people call about the same bill, it may influence how your policymaker votes.

SfN can help identify key policymakers and windows of opportunity when phone calls may be particularly important. You can find your policymaker's telephone numbers on their official .gov websites as well as [govtrack.us](https://www.govtrack.us). Alternatively, the US Capitol Switchboard number is 202-224-3121 and they will transfer you to the appropriate office.

Phone Call Tips:

- Be sure to call the policymakers that represent your district/state.
- Identify yourself as a constituent and share the town or neighborhood where you live or work.
- Identify the issue or bill that you're calling about and explain your position on the issue. Be concise as you will have limited time, usually just a few minutes.
- If possible, briefly describe your work in neuroscience and how it relates to the issue.
- Request information about your policymaker's position on the issue.
- Don't be concerned if you don't know all the details of the bill.
- Thank the staff member and offer to serve as a resource on any neuroscience-related questions the office encounters in the future.

Remember, telling your personal story does not mean you need to understand every detail of the legislation you are advocating for or against. Involving your SfN partners will ease the process as they are able to provide background materials and will help you fill in details for subsequent interactions with the policymaker.

Most bills go through a process where there are several votes, so be prepared to call your policymakers numerous times. Inform SfN of your calls and the outcomes, which will allow the Society to leverage that knowledge with other advocates and for future interactions with the policymaker's office.

If you have questions or information to share, please contact SfN at advocacy@sfn.org.