Calling Your Legislator

Calling your legislator is a fast and easy way to communicate your position on an issue. You may think that others will call so you don’t need to, but the more voices raised against sequestration cuts, the better.

To find your federal legislators’ contact information, go to SfN's Action Center and enter your zip code into the appropriate box.

Example Call Sheet

This is how a call might go between a researcher from Seattle, Washington and a Washington Senator’s office. You can use this same script to call your legislators.

Hello, Senator Murray’s office.

Hi, this is Dr. Bob Brown and I live in Seattle. I’d like to speak to the staffer who works on NIH funding.

Hold on please while I check if that person is available. (pause) I’m sorry, our health LA isn’t available right now. Can I take a message?

Yes, I’m calling about the sequestration cuts set to occur in March. As a neuroscientist at the University of Washington, I’d like Sen. Murray to make sure that federal funding for biomedical research through NIH and NSF is not cut through sequestration. My colleagues and I are doing research on depression that could affect the health and healthcare spending of thousands of people. Reliable, continuous funding is crucial to good scientific research. An 8% cut to NIH and NSF would have a hugely detrimental effect on scientific progress which is the cornerstone of finding new cures and treatments for brain diseases and disorders.

Thanks for your message. Can I get your full name, address, and telephone number?

Bob Brown, 1234 First Street, Seattle, Washington, 12345. (555) 222-3333.

Thank you. I will pass along your message to the Senator.

Thank you.

Tips

- Prepare remarks beforehand.
- Be calm, polite, and respectful.
- Keep the call short; be succinct.
- Offer to provide additional information or be a resource on the local impact of neuroscience.
- When you give your name and contact information, you can also ask to receive a written response, if you would like one.

After your call, please email advocacy@sfn.org to let the Policy and Advocacy Department know how it went.