



Tips When Calling Congress

Ceasefire Now Resolution

Calling your U.S. Senators and House Representative is the second most effective way to communicate with your congress members on key issues that are important to you – right after meeting in person. When you call your congress members, a staffer for the Senator's/Representative's office will be the one to answer the phone. They will then ask you your name, address (zip code in particular, to confirm if you are a constituent from the district), then take down your message and relay it to the Legislative Aide who works on the topic as well as the congress member. Staff also keeps track of the number of constituents who call-in on particular issues (for example - 20 people called in today from our home state/district asking the Senator/Representative to support Congress taking bold action to Ceasefire Now. The staffer's overall job is to tally and report on the input they receive on a given issue and to treat constituents with warmth. ***Here's an example:***

Staffer: "Hello! Senator/Representative Smith's office."

You: Hello, my name is [Your Name], and I'm a premedical/medical student at [Your School] and member of the American Medical Student Association (AMSA). I'm calling to express our deep concern about the ongoing conflict in Israel and Gaza. As future healthcare professionals, we believe it's crucial for President Biden and Congress to take swift action to ceasefire and to de-escalate hostilities in the region. We're particularly concerned about the restoration of basic needs for civilians, including access to water, fuel, food, electricity, and essential medical supplies. We urge Congress to prioritize these issues and take decisive action. Thank you for your time. We believe that addressing these issues is not only a moral imperative but also crucial for the well-being of all individuals caught in the midst of this crisis.

Staffer: "Thanks for reaching out. I'll share your input with the Senator/Representative. Would you like to receive follow-up regarding this issue?"

You: "Sure."

Staffer: "Will do. Can I get your name and address?"

You: Jane Williams, 25 First Street, Anytown, USA

Staffer: "Thanks. Would you like us to add you to our email list?"

You: Not today.

Staffer: Okay, all set. Is there anything else I can help you with?"

You: "Nope. That's it. Thanks."

Staffer: "Thanks for calling."

And that's it!

**Call Your U.S.
Congress Members
(202) 224-3121**

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Reminder: Constituent concerns are tallied and calls as simple as this do make a difference. Please share this information with your classmates and colleagues and invite them to join you in action.