I am looking for a website that facilitates contacting one's Senators and Representatives by submitting one email or one phone call. It multiples the call or emails

Gemini said

There are several highly-regarded tools designed specifically to "multiply" your impact by letting you write one message and sending it to your entire congressional delegation at once.

Since each representative typically requires a separate form on their own website, these services act as a "router" to save you time.

Top Tools for Bulk Contacting Congress

Service	Best For	How It Works
Resistbot	**Speed & Mobile**	Text `RESIST` to **50409**. It finds your officials based on your ZIP code and delivers your text as a fax, email, or physical letter to your two Senators and House Representative.
Democracy.io	**Web-Based Email**	A non-partisan tool built by the Electronic Frontier Foundation. You enter your address, write one message, and it submits it to the official contact forms of all three of your federal representatives simultaneously.
5 Calls	**Phone Calls**	Focuses on calling. It provides the office numbers for your specific reps along with a researched script. While you still have to dial, it "multiplies" your efficiency by doing all the research for you.
Causes (formerly Countable)	**App-Based**	Allows you to "vote" on active bills. When you cast a "Yea" or "Nay,"

Service	Best For	How It Works
	Advocacy	the app can automatically send your stance and a personalized message to your representatives.

Why These Tools Are Effective

- **Verification:** These services ask for your address because members of Congress generally only prioritize messages from their own **constituents** (people living in their district/state).
- **Automation:** They bypass the tedious "CAPTCHA" and repetitive form-filling required on individual `.gov` websites.
- **Record Keeping:** Most of these tools will send you a confirmation once your message has been successfully delivered.

A Quick Tip on Impact

While "one-click" emails are great for high-volume issues, congressional staffers often note that **personalized** messages (even just adding one sentence about why the issue matters to you personally) are weighted more heavily than identical form letters.

Would you like me to find a specific script or the current phone numbers for your representatives?

Cottage Grove, OR, USA

current phone numbers for your representatives?

Yes. Phone and email contacts for Oregon US Senators and Representavies

Gemini said

Here are the current (2026) contact details for Oregon’s federal delegation.

U.S. Senators (Statewide)

Both Senators represent all residents of Oregon.

Senator	Party	D.C. Phone	Oregon Phone (Main)	Web Contact / Email
Ron Wyden	(D)	(202) 224-5244	(503) 326-7525	wyden.senate.gov/contact
Jeff Merkley	(D)	(202) 224-3753	(503) 326-3386	merkley.senate.gov/contact

---

U.S. House of Representatives

You have **one** Representative based on your specific district.

District	Representative	Party	D.C. Phone	Web Contact / Email
1st	**Suzanne Bonamici**	(D)	(202) 225-0855	bonamici.house.gov/contact
2nd	**Cliff Bentz**	(R)	(202) 225-6730	bentz.house.gov/contact
3rd	**Maxine Dexter**	(D)	(202) 225-4811	dexter.house.gov/contact
4th	**Val Hoyle**	(D)	(202) 225-6416	hoyle.house.gov/contact
5th	**Janelle Bynum**	(D)	(202) 225-5711	bynum.house.gov/contact
6th	**Andrea Salinas**	(D)	(202) 225-5643	salinas.house.gov/contact

---

Quick Tips for Calling

- **The Switchboard:** If you can't reach a specific office, you can call the **U.S. Capitol Switchboard** at **(202) 224-3121**. An operator will connect you to any office if you provide the representative's name.
- **Address Verification:** When calling or using web forms, be prepared to provide your full address. Congressional staff generally only log comments from confirmed constituents.
- **Time of Day:** D.C. offices are most active between **9:00 AM and 5:00 PM EST** (6:00 AM – 2:00 PM PST). If you call after hours, you can usually leave a voicemail.