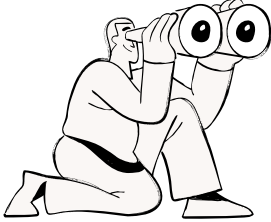


# How to Contact Your Legislator

A QUICK GUIDE FOR SCHOOL SOCIAL WORKERS



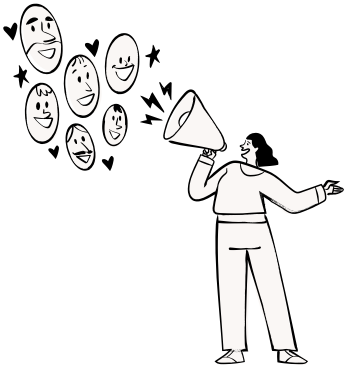
## Find Your Legislator

- Go to [le.utah.gov](http://le.utah.gov) → “Find My Legislators.”
- Enter your home or work address (whichever is most relevant to the issue).
- Note their names, email addresses, and phone numbers.



## Choose the Best Way to Reach Out

- Email: Most common and easiest.
- Phone: Great for urgent bills or a personal touch.
- In person/virtual meeting: Builds relationships when possible.



## Keep Your Message Simple & Powerful

- Start with who you are:  
“I’m a school social worker in [district/school] supporting [#] students and families.”
- State the issue clearly:  
“I’m writing about [Bill # / topic].”
- Share your impact:  
One brief story or data point that shows why it matters for students.
- Ask for action:  
“I urge you to support/oppose [bill] to protect and strengthen school-based mental health services.”



## Be Respectful & Professional

- Keep it concise (3-4 short paragraphs).
- Thank them for their time and service.



## Stay Connected

- Follow up if you don’t hear back.
- Build ongoing relationships — legislators remember consistent, respectful voices.