



To protect, preserve, and promote the health and well-being of all Boston residents, particularly those who are most vulnerable.

Tips for Contacting Elected Officials

Know Your Legislators

Find out who your legislators are and their contact information at MALegislature.gov.

The State House Main Number is 617-722-2000 if you do not have an office number.

Prepare Your Comment

Prior to the call, email, letter, or social media contact have the following information handy:

- The description or name of the bill and its number ex. The Substance Use Disorder Bill, HB2181
- Find the bill number at MALegislature.gov
- Be specific when you ask for something, ex. please co-sponsor, ask for an early committee hearing, vote in favor, vote against, attend an event, schedule a meeting
- The reason this bill is important to you which can be a brief personal reason or the data from an expert source.

Sample Phone Call

“Hello, I’m **name** of 123 Main St., City/Town and I am a constituent of Rep. X. I’m calling to ask the Representative to support **{the ask}** HB2181, The Substance Use Disorder Bill **{the bill, budget line, or issue}** because people who are close to me could not afford the treatment needed when insurance would not cover the recommended 30 days for recovery programs **{the short reason}**.”

You most likely will not speak with the actual representative or senator. The receptionist or legislative aide will speak with you and take note of your comments. They keep track of all such calls, emails, and social media to give the Legislator the big picture (ex. 5 for and 3 against) and the individual comments on all issues.

Sample Social Media

@RepX please vote yes on #HB2181 Substance User Disorder Bill so people can afford recovery programs

Intergovernmental Relations

Heather Gasper, Director

Phone: 617-534-2288

E-mail: HGasper@BPHC.org

Katie Donovan, Asst. Director

Phone: 617-534-7781

E-mail: KDonovan@BPHC.org