



# How to Contact Your Legislators

## Meet the Need NC Policy Institute

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# Do You Consider Yourself an Advocate?

Life Experience=  
Invaluable Expertise &  
Perspective



# What is a Policy?

- ▶ The federal Centers for Disease Control gives this definition of policy:
  - ▶ Policy is **a law, regulation, procedure, administrative action, incentive, or voluntary practice of governments and other institutions**. Policy decisions are frequently reflected in resource allocations. Health can be influenced by policies in many different sectors
- ▶ That means that a policy can be:
  - A law passed by the US Congress or the NC General Assembly
  - A rule or policy (these are regulations) put in place by the NC Department of Health and Human Services or the Department of Public Instruction or other state agencies
  - A practice that the federal or state government allows
  - An ordinance passed by the county commissioners or city councils.

# Who are Policy Makers?

- Members of US Congress
- Members of NC General Assembly
- State Agency representatives
- County Commissioners
- County and Local Officials of governments, school systems, etc.



NC DHHS Secretary Dev Sangvai



US Senator Ted Budd



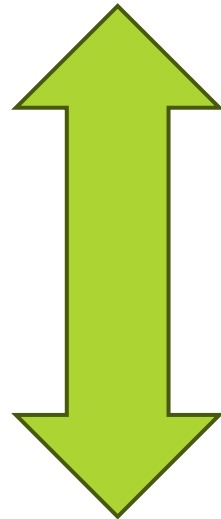
NC General Assembly House  
Speaker Destin Hall



NC Senate Minority Leader  
Senator Sydney Batch

# Current I/DD Policy Landscape

▶ Federal Changes



▶ State Changes

# Advocacy and Storytelling: How do they Fit Together?:

- ▶ **Advocacy is to defend or promote a cause**
- ▶ **Advocacy is active, not passive**
- ▶ **Advocacy goes beyond changing or shaping legislation or policy**
- ▶ **Advocacy is used for the larger goal of systems change**
  
- ▶ **Storytelling lets the policy maker know you have invaluable expertise and perspective**
- ▶ **Storytelling can bring out empathy and better understanding of the issue**
- ▶ **Storytelling helps a policy maker remember your call to action**

# Advocating with a Clear Call to Action:

- ▶ Determine your Call to Action as an individual or organization
  - ▶ Note: you can impact issues that seem operational by *translating* it to your perspective!
- ▶ Create your messaging either as an individual or with organizations you belong to
  - ▶ It can include concise storytelling and should always include a Call to Action and a thank you
  - ▶ An organization can be a resource to assist you with your message
- ▶ Identify key legislators and policy leaders
- ▶ Convey your message through meetings, emails, phone calls

# How to Contact Your NC Legislators

## 1. Find Your Legislator:

Visit [www.ncleg.gov/FindYourLegislators](http://www.ncleg.gov/FindYourLegislators)

Enter your address to see who represents you.

## 2. Ways to Contact:

Call: Find their office phone number on the NC General Assembly website.

Email: Use their official email listed on their profile.

Mail: Send letters to their office at:

North Carolina General Assembly  
16 W. Jones St., Raleigh, NC 27601

## 3. Engage on Social Media:

Many legislators are active on platforms like Twitter and Facebook.

Follow them and respectfully share your thoughts.

## 4. Attend Meetings & Events:

Public hearings, town halls, and constituent meetings are great opportunities to voice your concerns.





# NORTH CAROLINA GENERAL ASSEMBLY

Bill # (Ex: H1 or S1) 2025-2026 Session

- HOUSE**
- SENATE
- AUDIO
- CALENDARS
- COMMITTEES
- GOV OPS
- BILLS & LAWS
- DIVISIONS
- REDISTRICTING
- ABOUT

Home / House

## NORTH CAROLINA HOUSE OF REPRESENTATIVES



North Carolina House of Representatives, North Carolina General Assembly  
Raleigh, North Carolina



**Destin Hall**  
Speaker of the House

The House of Representatives consists of 120 members who serve a term of two years. The presiding officer is the Speaker of the House who is elected by the members for a two-year term. The Speaker's duties include maintaining order in the House and appointing members to committees.

### House Members

[Member List](#)

[Leadership](#)

### House Calendars

[Current Calendar](#)

[Calendar Archive](#)

Home / House / Member List / Representative Sarah Crawford

## REPRESENTATIVE SARAH CRAWFORD (DEM)

- Biography**
- Introduced Bills
- Votes
- Committees
- Contact

### 2025-2026 Session

	<b>Democrat - District 66</b>	<b>Terms in House:</b> 2 ( 1 in Senate )	
	<b>Wake</b>	<b>Occupation:</b> CEO, Tammy Lynn Center	
	<b>Legislative Office:</b> 16 West Jones Street, Rm. 1323 Raleigh, NC 27601-1096 919-733-5823	<b>Main Phone:</b> 919-733-5823	
	<b>Mailing Address:</b> 16 West Jones Street, Rm. 1323 Raleigh, NC 27601-1096	<b>Member's Email:</b> Sarah.Crawford@ncleg.gov <b>Legislative Assistant:</b> Portia B. Pittman	

# Contacting your Federal Legislators

**U.S. Capitol Switchboard ( 202) 224-3121**

**<https://www.house.gov/representatives/find-your-representative>  
(Does not give phone numbers)**

Senator Ted Budd:  
(202)224-3154  
304 Russell Senate Office Bldg 113  
Washington DC 20510  
[www.budd.senate.gov/contact/](http://www.budd.senate.gov/contact/)

Senator Thom Tillis:  
(202)224-6342  
Dirksen Senate Office Bldg  
Washington DC 20510  
[www.tillis.senate.gov/email-me](http://www.tillis.senate.gov/email-me)

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Life Experience=  
Invaluable Expertise &  
Perspective

