



Calling Your Local Representative

If you want to advocate regularly, calling your elected officials takes less than 5 minutes from the comfort of your home.

How It Works

- **[Use This Tool to Find Your Representative](#)**
 - Please visit [house.gov](https://www.house.gov) and [senate.gov](https://www.senate.gov) to look up your representatives' local office numbers.
- **Call & Speak Up:** Calls take less than 5 minutes. Say what you want them to know!
- **Leave Your Contact Info:** Feel free to leave your name, phone number, or email at the end so their office can follow up with you directly if you have a specific request.
- **Keep Calling:** Even if you already attended a delegation meeting, feel free to start doing this regularly to keep the pressure on!

Call-In Scripts

Option 1: U.S. Refugee Admissions Program (USRAP) & Resettlement

- Script: "Hello, my name is [Your Name], and I am a constituent living in [City/Town]. I am calling to urge Representative/Senator [Name] to fully support and fund the U.S. Refugee Admissions Program and local resettlement efforts. Over 120,000 approved refugees remain stranded abroad, while USCIS holds over \$1 billion in unprocessed fee-funded benefits. I ask the Representative/Senator to co-sponsor the Community-Based Refugee Reception Act, the GRACE Act, and the Afghan Adjustment Act, and to protect REA integration funding under ORR. Refugees are our neighbors and colleagues who contribute over \$123 billion net positive to our economy. Please ensure our nation continues its commitment to welcome and safety. My phone number is [Your Number] if your office would like to follow up with me. Thank you."

Option 2: Asylum System, Due Process, and Safety

- Script: "Hi, my name is [Your Name], living in [City/Town]. I am calling because I am deeply concerned about ongoing threats to our asylum system and due process rights. Families and neighbors in our community are terrified right now. Seeking asylum is a legal and human right under U.S. and international law. I urge Representative/Senator [Name] to protect due process and co-sponsor the Asylum Seeker Work Authorization Act (H.R. 1325 / S. 255) so asylum seekers can legally support themselves. I also ask them to support the Protecting Sensitive Locations Act (H.R. 1061 / S. 455) to keep



enforcement away from schools, hospitals, and places of worship. You can reach me at [Your Phone Number/Email] if you would like to discuss this further. Thank you."

Option 3: TPS, Work Permits, and Community Protections

- Script: "Hello, my name is [Your Name] from [City/Town]. I am calling to ask the Representative/Senator [Name] to defend Temporary Protected Status (TPS) and expedite work authorization permits. Hundreds of thousands of TPS holders live and work in our communities, contributing to our local workforce and economy. I ask the Representative/Senator to support the American Dream and Promise Act, support the discharge petition for H.R. 3310 (Venezuela TPS), and pass H.R. 1689 to extend Haiti TPS through 2029. Please protect TPS holders and restore eligibility for basic needs assistance. My contact information is [Your Phone Number/Email] if the office would like to respond. Thank you."

Option 4: End Discriminatory Travel Bans (NO BAN Act)

- Script: "Hello, my name is [Your Name] from City/Town. I am calling to urge the Representative/Senator [Name] to support global humanitarian leadership and oppose sweeping executive travel bans targeting Black and Muslim-majority nations. Blanket travel bans tear families apart, harm individuals seeking safety or medical care, and violate core constitutional values. I ask the Representative/Senator to co-sponsor and pass the NO BAN Act (H.R. 924 / S. 398) to prohibit national origin and religious discrimination across all entry pathways and limit executive overreach. My contact information is [Your Phone Number/Email] if you would like to follow up. Thank you."