



## Contact Legislator/ House or Senate Committee

Just follow these easy steps:

1. Click the following link to open “Send A Message to a Montana Legislator or Committee”: <https://leg.mt.gov/web-messaging/>
2. Fill out all the required fields.
3. When you get to “**Send Message to\***” field, select one:
  - **Legislator** (use drop down menu to select which Senator or Representative)  
OR
  - **Committees** (use drop down menu to select which house, senate or judiciary committee)
4. Next field is “**Bill Type and Number**”
  - Use drop down menu to select HB or SB (these will be the two most selected bill type)
  - The type in the number of the bill
5. Next **field is important!** Be sure to select either:
  - **For**  
OR
  - **Against**
6. Next field will allow you to enter your message and feel free to use talking points we will share!! You are allowed to copy and paste. Hit **SEND MESSAGE!**
7. Please email [Sheila@mtnurses.org](mailto:Sheila@mtnurses.org) if you submitted your message!