Contacting NC Legislators And Scheduling Meetings
Scheduling the Meeting

Look up your NC General Assembly Representatives ([ncleg.gov](http://ncleg.gov))

- Search by using your address
- Search for an individual legislator by name.
- Search for an entire county delegation

Schedule the meeting

- Call legislator’s office and/or email legislator and CC the Legislative Assistant (LA)
- **Identify yourself** as a constituent and request a meeting.
- Outline the topics to be discussed and **who will be attending**.
- Be friendly, respectful, and **grateful**, but also persistent. It may take a few tries.
- Offer a phone or video connection, use what the legislator prefers.

Follow up 3-5 business days before the meeting

- Confirm the meeting date and time, especially if it was tentative.
- Email attachments or provide links to materials. Do not count on screen sharing.
- Restate the topics to be discussed and **who will be attending**.