How to Find Your Legislator:
1. Visit www.legis.wi.gov or call 1-866-VOTE-WIS (8683-947) and dial option 4 to be directed to someone who can assist you.
2. In the middle right of the Wisconsin Legislature page you will find a search bar entitled "Who Are My Legislators?"
3. Enter your home/voting address. Note: Do not use a business or NAMI affiliate office address. This is how you determine who represents YOU.
4. Your State Senator and State Representative will pop up. Here you will find their phone number and e-mail address.
5. Click on their name to read their bio and legislation they have drafted or cosponsored. Do you have anything in common?

Example of what to say:
"Hi my name is _______. I'm a member of NAMI _______ and a constituent from _______. I'm calling to express my support/opposition of _______. (If you have a personal story, share it). The reason this is important to me is _______. Thank you for your time. Can I count on your support/opposition? (If no, "can I be a resource on mental health issues in the future?").